

Suggested donation £1

THE Sniff



News from **Medical Detection Dogs**

Autumn / Winter 2011



Medical
Detection Dogs



Dogs saving lives

www.medicaldetectiondogs.org.uk

Who's Who

Dr Claire Guest

Chief Executive and Director of Operations

Roger Jefcoate CBE

Patron

Our Trustees:

Michael Brander

Chairman

A solicitor, legally trained management executive and estate owner and manager.

John Church

Honorary Medical director

Retired Orthopaedic Surgeon.

Dr Church is now assisted by Dr Carol Tang who is a GP specialising in Diabetes and Dr Andy Theobald who is a GP specialising in cancer.

John Guest

Company secretary and director

A retired solicitor and local government Chief Executive.

Dr Roger Mugford

Founder of Company of Animals and a well known pet behaviourist.

Paul Marshall ACA

Paul is a qualified Chartered Accountant working independently in commerce with a portfolio of interests including Finance Director of The Company of Animals.

Dr John Bradshaw

University of Bristol Veterinary School. Reader in Companion Animal Behaviour, Waltham Director of the Anthrozoology Institute, and was previously the University Research Leader for Animal Welfare & Behaviour.

Front cover: Tiny and Daisy

Medical Detection Dogs

Registered Charity No: 1124533

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Message from Dr Carol Tang

Hi. I am delighted to become involved with this worthwhile and exciting charity that combines two of my passions- medicine and dogs, and I have recently joined the highly committed team at Medical Detection Dogs as their Medical Advisor. I think there is huge potential in how a dog's natural scent ability can be developed and utilised to benefit us all, especially in the field of medicine. I believe that these highly trained dogs can help doctors with the management of diseases at all levels –from screening, aiding in diagnosis, monitoring disease progression, as well as helping with the long-term management of these condition for some patients to improve their quality of life.

I have always had a great love of dogs even from an early age. My family have always had rescue dogs and I have grown up around dogs – mainly German Shepherds and crossbreeds. I currently own Higgins

who is a rescue Staffordshire Bull Terrier and I really enjoy going out on long hill walks with him and doing dog agility (when he's not fast asleep!)

I qualified from the University of Wales College of Medicine in 1997 and am currently working as a GP locum in South Wales. I enjoy general practice work as well as the flexibility of locum work. My partner Andy Rouse is a wildlife photographer and due to the flexible nature of my work, I have been very fortunate to accompany him on some amazing wildlife trips including a trip to see the mountain gorillas in Rwanda and polar bears in the Arctic.

The opportunity of combining my medical background with working with dogs is brilliant and I look forward to becoming more involved with the charity's work.

Dr Carol Tang MB BCH MRCGP DRCOG DFFP



Everyone at Medical Detection Dogs would like to say a HUGE thank you to Royal Canin for the amazing support they have and continue to give us.


ROYAL CANIN

are proud to support Medical Detection Dogs
www.royalcanin.co.uk

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Looking forward

I am proud to welcome you to our third edition of Sniff, kindly sponsored by The Doris Field Charitable Trust. It hardly seems five minutes since the last edition and yet so much has been achieved. My thanks go to everyone involved for their continued help and dedication.

We are now settled into our Great Horwood premises and everyone is working hard on the capital appeal to raise funds to purchase the adjoining unit. If we are successful, we will continue to lease our current building and this will double our available training area. If we are going to proceed to buy, we have to start the process of purchase by December of this year or risk losing this fantastic opportunity. These are difficult times for fundraising, however I am confident with the help of all our supporters we will achieve this goal. We have already raised over 50 thousand, with just a 150 thousand to go... We are desperately in need of this additional area as we have already outgrown our existing building. When complete this dog training unit will be the first of its kind in the UK training dogs to use their highly developed sense of smell to detect diseases in humans and in particular, to warn people with severe forms of diabetes, Narcolepsy and Addison's disease of imminent life threatening episodes. The new unit will primarily be used for the training of our medical detection dogs and will provide an area for the training of dog-client partnerships. Our existing unit will then be primarily used for the bio-detection studies where we require a controlled environment.

On this note, we have a number of exciting bio-detection projects starting, including a collaborative



CLAIRE AND TANGLE

study with Royal Canin and colleagues from Lincoln University. We are also starting our next cancer detection project and sample collection has started. I would like to personally thank all the people that have come forward to assist with this study by providing samples. Without their kindness and belief in our work this study could not continue.

Over the last months we have been delighted to welcome Christina who has been seconded to us from the John Lewis Golden Jubilee Trust. Christina works with us 3 days each week for the next 6 months, and is assisting in a number of projects including our Assistance dogs Europe accreditation, our capital appeal and the development of volunteer roles with Pam our volunteer co-ordinator. This work will help us

The scope of our work continues to develop and we are constantly learning new things from our lovely canine companions.

ensure that we have firm foundations for our future expansion.

I would like to congratulate all our newly qualified teams and am delighted to hear of the difference these dogs have made to the lives of our clients. We now have over 20 blood sugar detection dogs working with individuals with aggressive type 1 diabetes. I know that you will be touched by the stories that you read in this edition. We are making excellent progress with the training of the Narcolepsy response/ alert dog 'Theo' who is now placed with his client. This partnership received considerable media attention recently, including an appearance on ITV's Daybreak. Excitingly, we are also making huge headway with the dogs being trained to assist individuals with severe life threatening allergies.

Many thanks again to everyone who has helped us come this far....please support our Sniff 5000 campaign featured in this edition, a fantastic idea from Jane, one of our volunteers.

In our last Sniff I described us as a swan calm above the waters, but paddling hard below.... Keep paddling everyone, our dogs still have so much more to teach us and we really are making a difference and saving lives.

Kindest regards

Claire Guest

Carolyn & Simba

Hi my name is Carolyn and I have had diabetes for twenty five years which has not unfortunately been without problems.

Being single did not stop me from moving into my own home. Life was great, I started work with people who had special needs and I loved every minute.

One of the problems I faced living on my own was that my parents would often call to see me and find me having a hypo or lying unconscious on the floor.

I soon found diabetes and asthma, do not go well together. My asthma became a massive problem, I was spending a lot of time in hospital, with long spells on steroids, which did not help my diabetes and I was having more and more hypos. With all of my health problems I decided work was becoming too much for me I left and became a foster carer working from home I cared for a lady with special needs who stayed with me. I then started to give respite care to autistic children. This was my passion I was very happy and enjoying life to the full.

This did not last for long as a couple of years later my father died suddenly, which turned my life upside down, I was then diagnosed with breast cancer. The treatment for this was very draining but I continued to work, it was the children that kept me going. My mother telephoned me every night and first thing each morning, this was such a comfort to me.

Unfortunately my health continued to be unstable. I was then diagnosed with COPD, my lungs and breathing were giving me lots of trouble, hypo warning signals were now none existent making me feel very scared.

It was not long before I was advised to stop working with the children. I had no choice but found this the hardest thing I ever had to do, it broke my heart. It became



SIMBA WITH CAROLYN

I was so overwhelmed when Simba started to warn me my blood sugar levels were dropping

inevitable that it would not be long before I could not support my long term special needs adult. As all this was taking place my mother passed away, she was always there on the other end of the telephone in my time of need. My best friend who helped me was in hospital unwell, that was when my long term adult had to leave, we had been together for twelve years.

A few months before my mothers death I got a black Labrador puppy, Simba. My mother had said to my brother a week before she died "it was nice to see me happy again,

Simba was making such a difference to my life."

Looking back at that time I was very scared I used to wonder what would happen if I was to go into a hypoglycaemia coma, would anyone find me or would it be too late?

I started spending time on the internet looking for anything new that might help me. That was when I found Medical Detection Dogs a charity that were training Medical Alert Dogs who could support people with brittle diabetes. I quickly contacted them to see if they would consider training Simba. They came to meet us and agreed to try and help - this was incredible

Simba and I had a great bond, he just wanted to be by my side. I was so overwhelmed when he started to warn me my blood sugar levels were dropping and people were amazed when Simba alerted me in front of them. Soon Simba was a star where ever we went. when you see Simba now doing what he does best any doubts you had just disappear.

Its so awesome when you think there is little hope and then you discover with help from Medical Detection Dogs your dog can support you and help give back independence and a future

Me, well my life is fantastic, since Simba qualified as a registered alert dog. Going for walks with Simba has helped my lungs, they have really improved. I no longer have hypoglycaemia comas as Simba is warning me in time to sort myself out. I have moved into sheltered housing, had five holidays, just Simba and me on our own - no one having to come and keep an eye on me!

I have a job now and Simba comes with me.

My life is a success again and its all thanks to Medical Detection Dogs, and of course Simba my faithful companion.

Canine Body Language

by Pippa Ducat

Canine Behaviourist and Psychologist

For species that live in packs it is vital to be able to communicate with their own kind. This aids cooperation when hunting, bringing up offspring and living in peace with each other. Conflicts are dangerous as they cause physical injuries and weaken the pack- something that no pack can afford.

Dogs use calming signals to communicate with each other and their owners. It is the language they know and assume it will be understood.

Dogs have about 30 calming signals. The signals are international and universal. All dogs have the same language- a Japanese Akita would be understood by a Siberian Husky!

Miscommunication between owner and dog occurs when we do not interpret or even fail to recognise these signals correctly. This causes frustration, which may cause your dog to become aggressive, nervous or stressed as a result.

Common calming signals dogs use to appease other dogs and owners are:

- **Turning away/turning of the head** - dogs turn their head slightly to one side, turn their head completely over to the side, or turn completely around. This signal is very common and generally makes the other dog calm down. It is a fantastic way in which to solve conflicts.

- **Yawning** – used when a dog feels threatened, eg. someone bending over them; or excited, eg. having their lead put on them.
- **Licking** – a quick lick of the nose, especially used by black coated dogs.
- **Play bow** - going down with the front legs in a bowing position can be an invitation to play and makes a potentially dangerous situation less tense.
- **Sniffing the ground** – a frequent signal which can be anything from dropping the nose quickly to sniffing persistently for a few minutes.
- **Walking slowly** – an insecure dog will walk slowly, speed often denotes hunting behaviour.
- **Freezing** – in the stand or laying position helps to appease the aggressor.
- **Sitting down** – dogs will often sit with their backs to their owner, especially if they have just been told off, in an attempt to calm the owner down.
- **Walking in curve** – naturally dogs will approach another dog by curving around each other, walking directly towards them is threatening.
- **Smiling** - either by pulling the corners of the mouth up and back, or by showing the teeth as in a grin.

Your dog will use some of the above signals to calm you down. Start observing your dog and you will begin to realise what he is really telling you. You will start to understand far more than you were able to before, it is incredibly exciting!



Kelly & Theo

19 year old Kelly suffers from narcolepsy; a chronic health condition which causes her to fall asleep at any given time, without warning and often at the most inconvenient times. Kelly's narcolepsy was having a very dramatic and negative effect on her day to day life, she has fallen down the stairs in the past, and often wakes up with cuts and bruises following the frightening episodes. Living with Narcolepsy is a massive worry for both her and her family.



Theo has been trained to wake Kelly when she falls asleep by licking her face and neck. He also knows how to get help for Kelly if she falls and injures herself.

Two-year-old Theo has an ultrasensitive nose which can detect the chemical changes which occur in Kelly's body around the time of an attack. We are currently training Theo to lick Kelly's hand to warn her that she is about to fall asleep, so she can make herself safe.

Kelly, who has around three narcolepsy attacks a week, can't imagine life without Theo. Kelly says "I was getting worried about my future, but having Theo means I can live independently, go to work, and go out alone - all things I didn't think I was ever going to be able to do."

Theo is definitely one of a kind, he is the only dog in Europe who is trained specifically to deal and intervene with an individual with narcolepsy and as far as we know the only dog in the world.

Theo has become such an invaluable part of Kelly's life that she refers to him as her 'shadow,' and he certainly is as he does not leave her side for just one minute of the day or night!

© John Hancock

What is narcolepsy?

Narcolepsy is a neurological condition affecting the area of the brain that controls waking and sleeping.

The main symptom is falling asleep suddenly. About four out of five people with narcolepsy also experience cataplexy, a sudden loss of muscular tone and control which is usually triggered by emotion, for example laughter. These attacks can last for seconds or many minutes and can occur many times a day.

Other possible symptoms include temporary paralysis on falling asleep or waking up and visual hallucinations.

Narcolepsy appears to be a condition where normal elements of sleep – specifically elements of REM (Rapid Eye Movement) or dream sleep suddenly occur during a person's wakeful state.



For further information please see:

www.narcolepsy.org.uk

New dog research project

Dr Nicola Rooney of the University of Bristol introduces our exciting new research project

I'm a Research Fellow at the University of Bristol, where I study the remarkable relationships which exist between animals and humans. For over ten years now I have been researching aspects of dog behaviour.



Working closely with agencies, including the military, prison service and police in the UK and the USA, my team has explored ways of measuring and improving the ability of dog that detect drugs and explosives, determining how to rear and select the best dogs and handlers. I've also explored methods to improve working dog welfare, and work as a consultant to the RSPCA, writing guidelines and advising on various aspects of dog (and sometimes even tiger and spider!) welfare.

Exciting new dog research takes off

However, when it comes to remarkable dog-human relationships, you don't get much more impressive than that which exists between a blood sugar detection dog and their diabetic partner. As many of you will know, for several years now Medical Detection Dogs have been training dogs to alert people to changes in their blood sugar. There are more than fifteen of these dogs scattered around the UK wearing their red Medical Alert coats. Although it seems clear that the dogs make a huge difference to their partner's lives, to date there has been no scientific research to prove just how valuable they can be. That's why I'm delighted that earlier this year, the Company of Animals very kindly funded the University of Bristol to conduct a pilot research project in this area.

Forming the best possible Research Team

I joined forces with staff at Medical Detection Dogs, consultant Colin Dayan (Cardiff University) and with

medical statistician Steve Morant, to embark on this exciting project. Earlier this year, we were also joined by Sophie McGlade a third year medical student from Cardiff who was really interested in this promising new diabetes technology.

Our research relies on eliciting the kind help of all the existing clients who currently live with blood sugar detection dogs, and they have all been so incredibly helpful and welcoming. I've spent the summer travelling the length and breadth of the UK from Durham to Abergavenny, visiting all the dogs and their partners, and it's been really inspirational, hearing each person's story, and the multitude of ways that the dogs have improved their lives. I am so grateful to all the clients for their amazing openness and great hospitality.

So what does the study involve?

The study has three main parts. Firstly I have interviewed each of the dog-users to fully document how having a trained dog has affected their life. The benefits are clearly diverse and are much greater than simply improved blood sugar control; each client has a unique experience. Many people have greater independence and confidence and even have new opportunities for independent living, travel and work since getting their dog. Via interviews and also written questionnaires, we are examining the value of these dogs, as compared to other possible therapies for diabetes.

Secondly we are asking the clients to keep records of their dog's

behaviour, as well as their own blood sugar levels. Many diabetics routinely test their blood sugars 3-6 times a day. By examining these records we'll be able to analyse the reliability of the dog at alert in them when levels rise and fall. We'll document dogs' efficiency and explore factors that may affect performance. For example some dogs may work better in the morning than at night, and certain training methods may work better than others for certain dogs. Hence we hope these records will help Medical Detection Dogs to fine tune training in the future.

Finally, the clients are kindly giving permission for the research team to access their medical records. By writing to GPs and diabetic clinics, and comparing recent records to historical records from before clients had their dog, we'll be able to fully assess whether the dogs are instrumental in stabilising blood sugars as we suspect they are. We can then calculate the extent to which having a dog reduces medical emergencies due to low blood sugars, and also helps clients avoid the long-term damaging effects of having blood sugars too high.

The future

With the help of kind clients keeping records (and hopefully remembering to send them to me!!) and GP's returning forms, we hope that the results will all be complete by the end of the year. We aim to publish this work in reputable scientific journals and thereby raise awareness of the value of Medical Alert Dogs. And whilst this is a small pilot study, run on a minimal budget, longer-term we really hope to secure funds to ensure we can continue valuable scientific research to explore the full potential of their remarkable animals.

I look forward to telling you more about our results in future issues!

Staff spotlight

My name is Pam Jones, I am the Volunteer Coordinator at Medical Detection Dogs.

I have been with the charity for 3 years now and watched it grow and go from strength to strength. Initially I was a volunteer and did much of the operational support, I also socialised one of our dogs for 6 months. I have now been in a part time position for 18 months.

I have a degree in psychology from Manchester University and post graduate qualifications in nutrition and teaching. As well as working in the field of Mental Health I worked as a nutrition practitioner for 20 years and was a clinical teacher at a London University for 10 years. A year ago I left the "nutrition world" so I could devote more time to the

charity both in paid and voluntary capacities. I am passionate about the charity and fascinated by its work, and really enjoy meeting the visitors and dogs that come into the Centre.

My role involves recruiting volunteers, puppy socialisers and dog fosterers as well as training speakers for the charity. The number of volunteers has grown to over 200, helping with fundraising, events, administration and speaking plus socialising and fostering our dogs. We are expanding our regional volunteer groups around the UK and looking at more roles and training. We are still a very small charity and would not be able to do the work we do without our wonderful volunteers and their support.



On a personal level I live on top of the Chiltern Hills with my family and pet dogs, cats and Shetland sheep. I look forward to meeting more of you soon.

Bicester Vets Charity Challenge



As the teams woke up to grim, wet weather we all thought to ourselves...“why are we doing this?”

We arrived at the Grizedale Visitor Centre to be greeted by mud, rain & some very friendly Challenge Staff. Having got bogged just parking the car we all wondered what lay ahead! We got our hire bikes (which looked more suited to a jaunt around the park rather than an off road mountain bike adventure) and headed for the start line.



The transition area was already a sea of mud and we were one of the first teams to arrive. Gradually the starting area filled as the one thousand competitors got themselves organised for the big challenge ahead. There was a big element of feeling out of our depth but we knew that we had a lot of sponsors' expectations riding on our shoulders.

The Challenge was to be in a number of "back to back" stages: a 2 mile run to warm us up then a 12 mile mountain bike stage followed by a longer run to the top of the local hill then down a steep descent to Coniston Water. We then had a

canoe leg followed by a final run retracing our steps up the hill then the long descent back to Grizedale. As a final twist we were to finish with a mini "fun" assault course.

The whole event took our 3 teams 4-5 hours each. We were all exhausted, muddy & glad it was all over. But above all we were proud of our achievement & thrilled to have raised well over £3,000 for Medical Detection Dogs.

Huge thanks to all the wonderful people who have sponsored us and to our excellent supporters who cheered us through all the transitions & encouraged us through the final assault course.

As we rub our sore muscles & wistfully tell stories about our arduous weekend there is a niggling and recurring thought How long till the next Challenge!

Rebecca & Shirley

In July 2009 Shirley arrived at Medical Detection Dogs after being donated by Guide Dogs, she was a bit too inquisitive and nose-y to be a Guide Dog! Whilst living with her puppy walker Eunice it became clear that Shirley was aware when Eunice, who has diabetes, had low blood sugar levels.



PUPPY SHIRLEY WITH EUNICE

Shirley, a Golden Retriever, Labrador cross, was placed with Rebecca who had been diagnosed with Type 1 Diabetes after her initial scent training. Rebecca has to inject herself four times a day with insulin and carry out up to seven blood sugar level tests to try and avoid her blood sugar reaching dangerously low or high levels. Rebecca used to collapse three or four times a week, unable to feel any change in her sugar levels but since we placed three year-old Shirley, the fear of collapsing has lessened. As a Medical Alert Dog trained to sense the change in odour when sugar levels drop or increase, Shirley can reliably warn Rebecca by licking her hands, sitting on her lap and even fetching help. She has already potentially saved the life of Rebecca quite a few

times by prompting her to check her blood sugar levels.

Rebecca's mum Claire says 'Rebecca's condition is seriously life threatening. She would regularly collapse and be taken to hospital, sometimes four times a week before we had Shirley I was terrified of sleeping in case she fell into a coma without anyone knowing. Shirley is absolutely brilliant with Rebecca and really looks after her - they are like soul-mates and are so close. Since Shirley arrived it has been a massive relief for us. "It's incredible that a dog can do so much, we are so grateful to have her. She has completely changed our lives." Shirley goes most places with Rebecca including school, being the first 'Assistance Dog' in the UK to attend a mainstream school. Night



© Damien McEradden

'Shirley is so special to me, we are the best of friends. I can't imagine living without her now. She has saved my life so many times'

times were particularly difficult for Claire. She wasn't sleeping worrying that her daughter could be taken ill during the night without her knowing. Since Shirley has been the family's night watch dog Claire can now sleep without constantly worrying if Rebecca is okay. Shirley has woken Claire on a number of occasions when Rebecca has been in trouble, this quick action has meant that she didn't need to be rushed to hospital.

"Rebecca's not had a single hypo when Shirley's been around and she's never been wrong."



© Damien McEradden

SHIRLEY AT SCHOOL WITH REBECCA



Medical Detection Dogs launches Ebay account

Always looking for different ways to raise funds, Medical Detection Dogs have opened an ebay account.

And now we need your help in donating some gorgeous items that we can sell.

Perhaps you have a handbag and a pair of shoes that you wore once for a wedding, a new lipstick or eye shadow sitting at the bottom of your makeup bag that you have never used, a super piece of jewellery, a designer dress in fantastic

condition, or something really special that you no longer want but need it to go to a good home.

Ebay shoppers are searching for lovely items and really like anything with a designer name

When selecting what to donate to us please remember that the item will need to be posted to the winning ebay bidder so nothing too heavy or too fragile please.

To really help us succeed with this new venture we are looking for

quality not quantity, and sadly we can't accept bags of clothes, toys, books or CD's but I'm sure one of your local charity shops will love these donations instead.

If you can help us please send your donations for our ebay account to the centre at Great Horwood and mark the parcel Ebay. Everything we sell will need to be packaged securely so if you could help we would also love new or used jiffy envelopes and bubble wrap, so please save these for us too.



Dog Walking Freedom – It's in the Bag!

Dicky Bag, what is it?

It's a Dicky bag: a tough, clever, useful little device invented by Mandy Davies a mumtrepreneur.

Useful for what?

Revolutionising the dog walk, making it a pleasure again. Whether you're using it to store your phone, wallet, keys, ball, leads or the original idea POOP you can enjoy your walk hands free, easily safely and odourlessly.



The Dicky Bag is the ultimate dog walking accessory!

Thank you to Dicky Bag Ltd for their generous donation to Medical Detection Dogs of Dicky Bags for some of our clients with Alert Dogs.

For more information or to order your Dickybag visit www.dickybag.com and use voucher code MEDDOGS. This will give you 1p discount and give us a £3 donation.

Oxon Support Group News

Our Oxon support group is slowly but surely bringing in money and raising awareness in the area. The group has dwindled to only 4 regular supporters so we are now planning a recruitment drive.

We have done around 15 talks in the last 6 months, to Rotary clubs, WIs, etc, and are planning to introduce ourselves to local Primary schools next term. Edward the Japanese Spitz is now helping out with his scenting and alerting demonstration, which goes down very well.

We were delighted to get £550 from the Waitrose Community Matters scheme, and a generous donation from the Doris Field Charitable trust specifically to fund the printing of this and the next edition of Sniff. This is a small trust set up by a Oxford lady, who made her money from property deals during her long lifetime. We are so grateful for their support.

Apart from this, our income has come from sale of home-made dog biscuits, second-hand books, cakes, plants, anything we can think of. We've had a few collecting days, proceeds from a concert, a craft fair, Christmas event at a garden centre, coffee mornings, and our biggest event so far, the Dogs' Picnic with Party Games.

We are planning a Dog Olympics for next May - all ideas gratefully received.



EDWARD AND HEATHER

© Oxford Times

We were very pleased to have a comprehensive article about Medical Detection Dogs in the Oxford Times monthly supplement, but were disappointed in the poor response - no phone calls from generous millionaires!

We're sticking with small events, the slow drip principle - until we can find more regular supporters, but are quite pleased with our total of just over £6,000 in the last six months.

If you would like to advertise in the next edition of



Please contact

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T 01243 839306

Beth & Billy

I was diagnosed with Diabetes Type 1 when I was 11. After a couple of years I lost all of my hypo awareness, I would lose all the feeling in my legs or I would collapse on the floor (my blood sugars could be as low as 1.6 without me knowing.) I couldn't be left on my own at home or go to sleepovers, I just wanted a normal teenage life.

My life has changed since getting Billy, he has lived with me for 10 months and I haven't collapsed since Christmas 2010. Billy will warn me before my blood sugars drop to low and fetch my kit. I can now stay at home on my own, go to sleepovers and live a normal life. Billy was my date for the school prom - he loved having his photo taken.

Billy enjoys coming everywhere with me (he's like my shadow) I have just taken him to the cinema for the first time and he enjoyed it. Our next adventure is starting college in September, I'm going to Sparsholt college to study animal care and Billy will be right by my side.



BETH AND BILLY

The Horse Riding relay for dogs?

Fundraiser Geoff Lambert is walking Mount Kilimanjaro in September. 'Why?' seems to be the question everyone asks me, says Geoff, 'well it seemed like a good idea at the time, as I needed to keep fit as I advanced beyond 60'.

Geoff has just finished the 630 mile South West coastal path from Poole to Minehead, via Land's End and has been organising a range of events to gather funds for the mountain trip.



A riding relay was a novel idea suggested by one of his horse riding staff so he allocated a bank holiday Monday to anyone

who could raise funds to ride in relays for Medical detection Dogs. 'We sold out in 2 weeks and have raised over £806' from this one event. Sunshine Riding School in Luton donated the horses and handlers so all the funds go towards the walk.

Many riders asked for another relay so we might make it an annual event. The photos show riders and helpers crossing the Chiltern Hills north east of Luton.

Eight months of organising 'Just giving' donations, golf days, quiz nights and support from Lions clubs International looks set to raise around £10,000 for the detection dogs by the time the walk takes place in September 2011.

Visit Geoff Lambert's Just Giving page at: www.justgiving.com/geoff-lambert

Staff secondment



Hi my name is Christina Bowden and I joined Medical Detection Dogs on 20th June 2011 for a six month secondment.

I have worked for John Lewis for the last twenty nine years and have worked in branches as far afield as Sheffield and London. For the last eight years I have worked in the head office in Victoria, London, as a PR and Communications Manager promoting John Lewis to national newspapers and magazines.

John Lewis is a great place to work and offers employees a lot of benefits. A little over ten years ago the John Lewis Partnership

(which comprises both John Lewis and Waitrose) started a scheme called the Golden Jubilee Trust to allow employees to apply to work with a charity of their choice either on a full time or part time basis for a period of up to six months.

This is a fantastic opportunity and I was very keen to see if I could participate. Back in January of this year I met with the Golden Jubilee Manager to discuss how best my skills could be utilised by a charity. We listed all my skills and looked for a fit with the charities that had already asked for our help, but nothing seemed right.

Within a week of our meeting John Lewis had been told of a charity that needed support and the Manager met with Claire Guest at Medical Detection Dogs. When Claire explained the sort of help that the charity needed to move forward, my skills and the

charity's requirements seemed to be a natural fit.

In February I met with Claire and I was immediately impressed with the work that Medical Detection Dogs does, I loved Claire's drive and passion and I knew that this was a charity that I would love to help. Claire and I agreed a number of projects that I could manage and then submitted an application to the trustees. The application process is quite lengthy and competition for the limited places is fierce but at the end of May we found out that I had been successful and I started my secondment three weeks later.

My first impression of the charity is that it is a really lovely, friendly place to work and I have been really struck by the dedication of the volunteers.

I feel really blessed to have been given this opportunity and I hope to make a real difference.

Our Wish list

Training/Research

- Latex gloves
- Urine sample pots
- Rolls of new Vet bed
- Dog toys
- A van for transporting dogs. (We are happy to work with Motor Dealers about promotion)
- Fuel Card – Fuel sponsored for a year for training and client visits

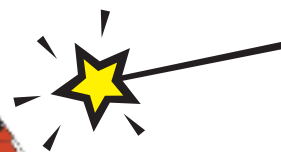
Office

- Pocket calculators
- Printer ink cartridges compatible with Oki C5650 printer
- Printer toner cartridges compatible with Kyocera FS C5150DN printer
- Laptops
- Dual Core desktop Pc's

- 6ft High office Cupboards
- A4 3 drawer Combi filing Cabinets
- Photocopier
- Label printer
- Large stapler
- Large hole punch
- Office shelving
- Office Desk & chair
- Notice & white boards
- Stamps

Events & Marketing

- Outdoor commercial gazebo
- 6ft and 8ft folding plastic tables
- Folding flat bed trolley
- Carousel leaflet stand
- Curved Graphic Exhibition Pop up Magnetic stand



- Promotional minibus/van to help raise charity awareness and transport event equipment/dogs across the country. (We are happy to work with Motor Dealers about promotion)

If you can help us with any of the above please let me know.

claire.akehurst@medicaldetectiondogs.org.uk
☎ 01243 839306

Calling
all dogs

SNIFF5000

Fundraising Dogs Supporting Medical Detection Dogs



Allow me to introduce myself, I'm Pickles and have recently been appointed as a 'Fundraising Dog' for Medical Detection Dogs, a position of which I'm very proud.



I shall be launching my first campaign imminently, 'Sniff 5000'. The goal of the campaign is to raise £100,000 within a year, in order to train 10 dogs to become either Medical Alert Assistance Dogs or Cancer Detection Dogs.

I will be enlisting the assistance from my canine friends throughout the UK to help the campaign by donating £20 each ... only £5 per paw!

We dogs know how amazing we are, we provide companionship, love, loyalty and laughter for our

families, but Medical Detection Dogs do more than that, they literally 'save lives'. The 'Sniff 5000' campaign is not only about raising critical funding, but also about raising awareness.

In addition to seeking 'donating dogs' I will be looking for other 'Fundraising Dogs', who can help me with the 'Sniff 5000' campaign by dropping leaflets on their walks, at local vet practices, groomers, pet shops etc.

Pickles 🐾



If you know a dog who can help the campaign by donating, becoming a 'Fundraising Dog' or both, please don't hesitate to contact:

jane.isted@medicaldetectiondogs.org.uk

Sue & Casper

My name is Sue and I live in Purley with my husband and my children (Elliott 13 and Carys 12). I was diagnosed with Type 1 diabetes in 2003.

My blood sugars were always difficult to manage, I would often be very high and then drop dangerously low. I managed as best as I could however, following a bad infection in 2006 I lost all of my hypo awareness symptoms, I had no idea what my blood sugars were at all. I started to collapse more frequently without any warning. My blood sugars were often below 2.0mmol. I spent years with help from the diabetic specialists trying to stabilize my diabetes and I was in hospital for weeks at a time. Eventually I was put on an insulin pump. This helped to control some of my higher blood sugar readings, but I was still experiencing up to 5 hypos a day. I suffered broken bones and other injuries with many of my collapses requiring paramedic

call outs. As time passed my health was affecting my family as I could not be left alone or go out anywhere by myself. Work was suffering and after a consultation with Occupational health it was decided that I could not be left alone or supervise groups of students without another adult present. The prospect of losing my job was becoming a reality.

Then in June 2011, I received the telephone call I had been waiting for I was to receive a Medical Alert Dog Casper a miniature poodle. I bonded with him instantly and he has fitted right in with the family. Everyone that meets him says he is the most laid back dog they have ever seen. Casper attends school with me and takes the attention of 1900 pupils in



his stride. He sits next to me or follows me around the classroom, always keeping me in sight. Casper is doing well keeping up with my hectic lifestyle. He has been to the Imperial War Museum on a school trip, ran in the 800m on sports day and been to see Harry Potter at the cinema. Casper is starting to become interested in my blood sugar testing and with his training has now started to alert. The whole family are looking forward to a holiday this year, without any visits to A & E. He is keeping us all fit with lots of lovely walks and driving us mad hiding his toys all around the garden. I have already gained confidence having Casper around and can truly say he has changed my life already for the better.

Gemma's story (Gemma is in the process of applying for a Medical Alert Dog)



This is Gemma, aged 8 years. Gemma was diagnosed with Type 1 Diabetes a month before her 3rd birthday, so she has lived with the condition now for over 5 years.

As Gemma's parents we strive to keep her healthy by closely monitoring her blood glucose levels by finger prick tests. This can be very difficult at times because Gemma's insulin and glucose requirements change rapidly depending on what she eats how much exercise she does and if she is feeling unwell.

Although Gemma was lucky enough to receive an insulin pump 2 years ago, she still battles with poor hypoglycaemic awareness. This is when Gemma's blood sugar levels drop dangerously low, and often she does not feel the normal awareness signs.

To try and catch these Hypos we often test up to 15 times throughout the day and night to treat these hypos with extra sugar. As her parents we often set the alarm clock up to 2-3 times throughout the early hours to measure and prevent night time hypoglycaemia, as Gemma never wakes when she

is having night – time Hypos.

Gemma describes the down side to having diabetes: "I don't like having so many finger prick tests because my fingers get sore. When I have a hypo I feel like a melting snowman and I feel lonely and scared. Having a Medical Alert Dog would make me feel more secure knowing that the dog could pick up my hypos earlier before I start to feel really bad."

When Gemma first read about Medical Alert Detection Dogs she was very excited to think how this would make such a difference to her daily life and how a dog with this training could keep her safe and healthy.

We would be able to sleep at night knowing that if Gemma's blood glucose levels dropped this would be detected and either Gemma could be woken up and treat her with extra sugar, or we could do this. This would give Gemma and ourselves more confidence because as Gemma has described, not only is hypoglycaemia very unpleasant, it can in certain circumstances be very dangerous.

Claire & Julian (Gemma's parents)

Alice Pyne's Dog Show

Alice, who has Hodgkin's Lymphoma, wrote a list of things she wants to achieve before she dies - which includes swimming with sharks, meeting Take That and entering her puppy Mabel into a dog show. After being touched by Alice's wish-list Simon and Cathy Broomfield, owners of Ulverston's Verstone Boarding Kennels, decided to step in and help the Alice with her dream.

"We were touched by Alice's courage and determination. There was a huge amount of work involved in arranging a dog show but everyone we spoke to were eager to help and we put it together in one week. It just goes to show how many great people there are out there and the generosity of local people was wonderful," said Cathy.

"The event went really well. There was a really relaxed atmosphere and everyone had lots of fun and it showed just how much Mabel means to Alice. In her list she said she wanted to enter Mabel into a Labrador competition but she wanted us to open it up to all breeds, which just shows how special a person she really is," she added.

Locals also put their hands in their pockets and helped to raise just over £3,000 at the dog show, which will be split between the Great Ormond Street Children's Hospital, The Anthony Nolan Trust and Medical Detection Dogs.

Alice said she was on 'such a high' after the event and added: "I can't believe that it was as good as that. I was worried that no one was going to turn up and we ended up with loads and loads of people turning up - just amazing."

"Audrey, a volunteer from Medical Detection Dogs, asked me if they could call their next puppy 'Alice' - can you believe that? Alice will be saving lives for many years to come so that's made me especially happy."



VOLUNTEER AUDREY WITH MABEL AND ALICE

More than 400 people turned up to the event and mum Vicky Pyne said Alice beamed all day long.

"We really feel blessed to have this time as we have many friends who have lost children and they didn't have the luxury of having special moments like this. It was incredible; so many people there supporting Alice and her charities and they don't even know us. We're very, very grateful to everyone who helped make this happen."



"Puppy Alice will be saving lives for many years to come so that's made me especially happy."

Equetech Raises over £15,000

for Medical Detection Dogs at the Canter For A Cure Sponsored Ride 2011.



The sixth annual Equetech 'Canter for a Cure' Sponsored Horse Ride was held at Milton Keynes Eventing Centre, Buckinghamshire on Sunday 8th May 2011. This year a record number of entries completed the course and we raised more than £15,000 for Medical Detection Dogs research. This charity is dedicated to training dogs in the detection and recognition of human disease by odour. In 2004 a study published in the British Medical Journal showed that dogs can be trained to identify the odour of cancer within urine. This unknown finding indicated the potential to a new method of diagnosing cancer which would be simple, quick and non-invasive. This is a very exciting research programme and Equetech is pleased to offer support.

Claire Guest Director of the charity explains, "The fantastic funding that has resulted from the Canter for a Cure event will enable us to start

the prostate cancer study. This will be a study looking at olfactory markers for prostate cancer, guided by leading oncologist Karol Sikora. In doing this study we will be investigating that prostate cancer leaves volatile markers that can be used for early, reliable non invasive diagnosis. This could lead to effective screening that will save the lives of many father, sons, husbands and brothers."

Now Equetech has launched a new promotion to raise money. For a limited time Equetech will **donate a £1 for every Equetech Red Grizzle fleece sold**. Riders and countryside lovers alike will love the Equetech Grizzle Fleece its functional, durable and acts like a

wind shield keeping riders and those who enjoy being outdoors warm and comfortable all day long. This timeless garment is available in Cerise, Navy, Scarlet and Black.

For further information please visit www.equetech.com

"Equetech is a family business and we are proud of our collection, we are also very proud of the 'Canter for a Cure' event which raises money for great causes and gives a lot of pleasure to the riders on the day. We are thrilled to report that the 2011 event raised valuable funds for the charity and to announce that we are continuing our support of the Medical Detection Dogs." Liz Hayman. Equetech Director.



Puppy Socialisers Wanted

in Buckingham, Kent & Surrey



We need a number of caring homes to look after our puppies and young dogs during their training for anything up to 18 months. We provide food and equipment for the puppy and cover all veterinary costs whilst the puppy is with you.

No experience is necessary as support and advice is provided however, Puppy Socialisers are required to meet the following criteria:

CAN YOU

- Attend regular local puppy training classes?
- Be at home most of the day?
- Follow positive dog training methods?
- Regularly get out and about in all environments and situations socialising a puppy?

DO YOU

- Have a secure, dog-friendly garden?
- Have the time and stamina to manage an active puppy or young dog?
- Have reasonably stable circumstances?

For further information please contact Pam Jones

Telephone: 01296 655888

Email: pam.jones@medicaldetectiondogs.org.uk

Legacy volunteer

Hi, my name is Sarah and I am the Legacy Development Co-ordinator for Medical Detection Dogs.

I became a volunteer after attending a talk about the Charity at Fair Weather Dog Club. I was really impressed by the work the charity does and knew that I wanted to be involved. I have recently passed the Post-Graduate Diploma in Legal Practice with Distinction and I will be using my knowledge of legal processes to develop the legacy side of the Charity. I have begun by contacting local solicitors and asking

them to display leaflets about Medical Detection Dogs in their reception areas; our aim is to raise awareness about the Charity and encourage people to donate to such a wonderful cause. The best thing about legacies is that they cost nothing today but mean so much for the future.

If you have any questions about leaving a gift in your Will please get in touch.

legacy@medicaldetectiondogs.org.uk





SOUTHERN GOLDEN RETRIEVER DISPLAY TEAM

Fun Day & Dog Show

Despite waking up to a windy day, with heavy rain clouds looming, August 7th turned out to be a beautiful day. Everyone arrived early in the morning to set up and by 10.00 a.m. the sun was shining, the dog show registration was under way, refreshments, supported by Fishbourne W.I, were laid out in hall – what a display of wonderful scones and cakes and the BBQ, which was organised by Dizzy (supporting people with diabetes) was set up and ready for action. Thanks to Rob and Malcolm from St Richards Hospital Radio we had an excellent PA system which, I think, made our day really special.

The Dog Show, sponsored by Royal Canin and Therapaws (in Sidlesham) was a great success. Owners and dogs were so



NATALIE FROM FITJOY SHOWING US HOW TO ZUMBA



enthusiastic they couldn't wait to get started so at 11.00a.m. it began. We were fortunate to have Dr Roger Mugford and Julie Grantham as judges and what a sterling job they did.

We also had an Agility course and thanks to Jeff & Miranda Sasse, Sussex County Dog Training, that also proved to be a great success.

The first event was the local cheerleading group, Razzle Dazzle, followed by, what was undoubtedly the highlight of the day, the Southern Golden Retriever Display Team. I know all the spectators enjoyed it and no matter how many times I see their display I always feel quite emotional as these dogs are so calm and beautiful to see in their formation - and so a very big thank you to the team as they had travelled all the way from Kent.

By lunch time we had sold out of hot dogs and burgers and buns.

Fortunately a very willing John, dashed up to the supermarket to buy more supplies, then we were back in business.

In the afternoon we had another display from the Golden Retrievers followed by Zumba Dance and Belly Dancing displays. Lots of children joined in together with myself, Claire and Malcolm (Hospital Radio) and despite the fact that we thought we were making fools of ourselves it was thoroughly enjoyed by all.

By the end of the day we all felt tired and exhausted and suddenly realised that we hadn't had time to eat any of the gorgeous cakes that the W.I. had baked. But, of course, by this time all had been sold out and so we were left feeling hungry but satisfied that the day had truly been a great success.

The last comment I received was from an elderly lady who said "Thank you so much I have had such a wonderful day, my little dog won fifth prize in a class. She proudly walked off clutching her rosette with a smile on her face – that remark made it worth all the concerns and worries that we had over the previous few months. *Eve*

Please help us save lives by Sponsoring our puppies



To sponsor online visit www.medicaldetectiondogs.org.uk

JustTextGiving™

by  **vodafone**

Support Medical Detection Dogs by texting a donation
Simply send **SNIF11 £3 to **70070** to make a £3 donation.**
Or you can donate £1, £2, £3, £4, £5 or £10.

Donate £1, £2, £3, £4, £5 or £10 by entering the amount after SNIF11. After you've sent the text, you'll receive a confirmation text back containing details on how to add Gift Aid, meaning Medical Detection Dogs could benefit from an extra 20%.

This service is free for Medical Detection Dogs, and anyone on any mobile network can use it to donate to the charity. Your donation will be deducted from your mobile phone credit, or added to your monthly phone bill. You won't be charged for the text message either.

Medical
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Dogs saving lives
www.medicaldetectiondogs.org.uk