

Around Halstead

An 'Around Colchester' Magazine

2020 Edition 1



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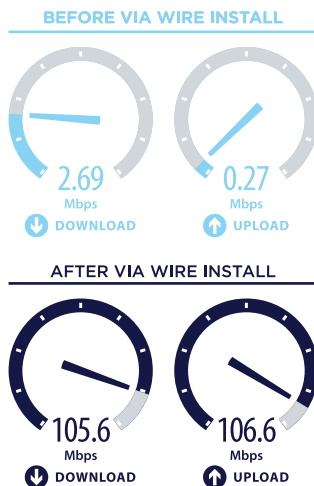
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Pedal for The J's 2020 - Sunday 3rd May



The popular annual cycle ride, Pedal for The J's, is returning to Chelmsford on Sunday 3rd May. Cyclists have a choice of three rides - 15, 35 and 50 miles - through the beautiful local countryside, all starting and finishing in Admirals Park.

The ride raises money for The J's - part of the Havens Hospices charity - which supports young adults with complex or incurable conditions and their families across Essex.

Pedal for The J's appeals to people looking for a relaxing, scenic ride as well as experienced teams from cycling clubs. Last year, around 900 keen cyclists signed up and raised just over £31,500 which helped to pay for a range of services including tailored

nursing and emotional care, advice and social activities.

Organisers at Havens Hospices are hoping to see 1,000 bicycles at the start line on 3rd May and they are very grateful to Beaulieu in Chelmsford for sponsoring this event for the sixth time. Sign up now at :

www.havenshospices.org.uk/pedal



Acupuncture Case Studies

After the very wet winter we have had, the first signs of spring are very encouraging. We were pruning our wisteria today to ensure it comes into flower magnificently in a few weeks' time. The very wet conditions this season have resulted in some farmers' autumn sown crops rotting in the ground.

Few of us thrive in such conditions either; arthritis can often feel worse in the damp and there is a disease that occurs mostly in Western Europe and North America that seems to have a connection to damp climate and certain foods, such as dairy produce, that have a cloying texture. Multiple Sclerosis is that disease. I am treating a couple of people in clinic who have come in with drop foot, a common manifestation related to MS. They generally respond to treatment and are able to walk more freely on leaving with fatigue and mood often improved too.

Other recent cases from my clinic include these:

A woman was recommended by her sister for back and hip problems. It became clear in this instance that the main problem lay in muscles around the hip area. Her right leg was significantly colder than the left, a serious ankle injury in the past having left her with poor movement in the ankle. By releasing the muscles around her hip, with help from exercises prescribed by her physiotherapist, she now has less need for her stick. Whilst on the couch I used a needle in her hand to make a real difference to her foot mobility, enabling her to draw the alphabet with her toes, adding greatly to the range of movement available in her ankle. Warming the area helped to counteract the cold introduced by the metal plates the surgeons inserted on either side of the joint. During the course of treatment we managed to get her bowels better regulated too.

I saw a yoga teacher who was having problems with her back and leg after a sudden break up with her partner. The physical pain was made worse by a transatlantic flight. Her leg/back pain was worse when she did inverted poses but it became clear the main difficulty she was having related to

the emotional upset she felt over the break up. Over the course of several sessions she became clearer about how to move forward and her physical problems eased alongside the improvement in her emotional state.

Recently I went on a training course to learn more about treating stroke. The course was run by an acupuncturist who has been working at a New York hospital for the past 15yrs, working alongside conventional doctors. Her aim is to start treating clients very quickly after the initial problems develop, although significant improvements are still possible years later in some instances. Several months ago I treated someone who had had a severe stroke deep in the right side of her brain three years previously; this resulted in paralysis on her left side and difficult speech and swallowing. The key objective of acupuncture treatment is to restore basic internal function first, followed by treatment of more peripheral issues. I focused on her speech and swallowing mainly; her speech did improve after one session enabling her to hold a long phone conversation with her daughter but I was unable to make much more progress, which is why I went on the course. In China, acupuncture is widely seen as the treatment of choice for stroke rehabilitation so I look forward to seeing my next stroke client more aware of how best to treat them.

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BABY BOOM

Also in 2019, we saw the birth of two Amur leopards, a male named Luka and a female named Lena, to first-time mum, Esra.



BIG NEWS!

We are delighted to announce the birth of white rhino, Lottie, after a 16 month pregnancy for mum, Emily! Lottie loves skidding and jumping in her outdoor paddock area!

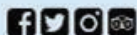


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All advert details correct on date of publishing (APRIL 2020) and are subject to change.

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DOG BEHAVIOURIST



My name is Steve Hutley and I run my own dog behavioural business 'Rehabilitation and Training', rehabilitating and training all sorts of dogs from puppies to rescue dogs, through to retired Police dogs.

SPEAKING DOG!

I always say to my clients, my aim is to get them to speak 'Dog'! I do get a few funny looks from some people thinking that I'm going to get them to kneel down on all fours and then bark at their dog, but do not fear, that IS NOT the case!

Whilst this may sound a crazy notion, to learn to speak dog, it's in fact quite easy and obvious. A dog's language is based on body language and energy, (the vibes we give off). This is how a dog reads another dog and deciphers whether that dog is saying 'I'm friendly, come and say hello', or 'Back off!'

This is also how dogs read us. I always say, the correct way to greet a dog, particularly a nervous or excited dog is NOT to greet that dog! That means you don't look at them, you don't touch them, you don't speak to them. They are INVISIBLE!

This is particularly important for a fearful and anxious dog. The last thing they want is for you to go up to them saying, 'It's ok, I'm a nice person!', as this means nothing to them, as they don't speak English! Let them come up to you in their own time, and smell you, read your body language and energy and ONLY THEN if they feel safe enough will they come and acknowledge you, which is when you can return the favour.

With an excited dog, jumping up, barking etc., it is paramount that you do not reward this behaviour by giving them attention! Wait until they calm down, with all four feet on the floor, and only then reward them with praise, reward, attention and affection!

The best way to understand 'energy' is imagining a scale of one to ten where level eight is the dog's threshold. Anything above level eight is all white noise, or red mist, where your dog will not listen to

you nor understand anything you say. The aim is to bring your dog UNDER their threshold so they start listening and responding to you.

Dogs are simplistic animals. The only things they want in life (apart from the obvious food, water, and shelter) is Praise, Reward, Attention and Affection!

The most important thing to remember in dog training is that your dogs have to learn that the only way they are going to get any praise, reward, attention or affection (i.e. EVERYTHING they want in this world), is when they are CALM AND RELAXED!

This is what I call the 'nucleus of dog training' as without this aspect mastered, the other basics of dog training such as general obedience, cannot be learnt. The basic commands of sit, down, stand, wait, come etc. will not happen if your dog is excited!



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Mr. Tibbs

Well hello everybody, here we all are in a new decade and it already looks like a challenging one. We hear a lot about climate change and extreme weather and here at the sanctuary we have been unable to use our cat proofed garden for what seems like simply ages due to it being partially underwater and very muddy indeed. We keep looking out there through the mesh in the cat run but I can tell you, most of us don't like what we see. A couple of the tougher ones amongst us make the occasional dash out

there when the gate opens but they don't stay long! We're all looking forward to the summer when we can relax in the sun again. In the meantime, it's cosy beds near the radiators for us all.

I also hear that sometime soon it may become mandatory (I had to look that one up!) for all cats to be chipped. This may help rescue efforts as it might be expected that more cats who stray or get lost will be reunited with their owners but of course the system relies on the details being kept up to date (our most recent arrival here has a chip but the information leads nowhere). It will also do nothing to address the issues of owner abandonment and the terrible problems of the housing crisis, which often lead to people having to give up their beloved animals because they simply can't find anywhere to live where their pets can go too.

We continue to see a procession of all sorts of cats coming in, some plucked from what can only be described as horrific circumstances and some where their situation just came about by bad luck. New homes can be found for many of them but others have issues which make them unsuitable for rehoming, so they end up joining our gang! Of course not all of them can stay here and we have now developed a network of fosterers to help us by taking cats on a temporary basis. Whilst we have quite a few in place, circumstances can change and there is also the phenomenon known in the rescue world as 'foster fail' where people become so attached to their foster cat or cats that they decide to adopt them, which can mean that no more fostering will be possible for them. Obviously this is a good thing on many levels but it does mean that we are always on the lookout for more new fosterers.



So, how about it cat lovers? Would you have the room in your home and your heart for another cat on a temporary basis while the team at WLF Rescue finds them a permanent home? If you think you could, my staff would love to hear from you. You can contact them on 01206 855444 or wlfrescue@adamspublishing.co.uk

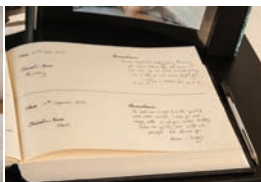
As I write this, we have had a weekend of non stop rain: something to do with someone called Dennis but I don't know who he is. It has not been much fun and even our cat run is very wet. Time to settle down, preferably in a box or cat bed which is much too small for me. I don't know why I like doing this but I'm not the only one!

See you next time.

Tibbsy



You can contact me via email mrtibbs@adamspublishing.co.uk on Facebook www.facebook.com/mrtibbsatAP Twitter @MrTibbsatAP WLF Rescue www.facebook.com/wlfrescue



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