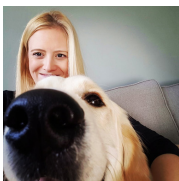


THE CLAN CHAT

Your quarterly Clan Canines Newsletter



Welcome to The Clan Chat!



By Tammie Kirk

Welcome to another edition of the Clan Chat, your quarterly newsletter produced by Clan Canines - Edinburgh's premium dog adventure service.

WINTER IS COMING...

As the dark night's are getting longer and there is a distinct chill in the air, it's clear to see that summer is over for another year. It's natural to start thinking about all the challenges that autumn and winter can bring to you and your dog - bonfire night, wet weather walks and ailments exasperated by the colder temperatures.

Don't worry though, we have all that covered in this quarter's issue!

We have tips on how to prepare for firework season with your dog, advice on the best products to get you through the change in weather and information from local professionals on therapies that can reduce the pain caused by ailments such as arthritis. We even have a yummy recipe for home made treats (ok, it's unlikely you will find it yummy, but trust us - your dog will love it!)

So grab a brew, put your feet up and enjoy this quarter's edition of The Clan Chat. And if you want to know more about our services, please check out our website; www.clancanines.co.uk or search for us on Facebook & Instagram; @clancaninesedinburgh

CLAN CANINES MISSION

Here at Clan Canines, we have two main missions;

- 1) To provide our human clan members with less stress and the peace of mind that comes from knowing their dog is being looked after by someone who loves them as much as they do.
- 2) To provide our furry clan members with lots of fun, physical exercise and mental enrichment whilst they are in our care.

We cover the following areas of Edinburgh - Stockbridge, Murrayfield, Roseburn, Balgreen, Corstorphine, Chesser and Slateford - we currently have limited availability for new clan members.

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HOW TO PREPARE FOR FIREWORK SEASON

As Summer becomes a distant memory and the evenings draw in, it's time many dog owners start thinking about firework season and how they can help their dog's through it.

Not all dogs are affected by fireworks but for those who are, this can be a really anxious and stressful time for them and sometimes it can be hard to know what to do for the best to help your pooch.

Here's my top tips on how to help your pup through the next couple of months (spoiler, it's all in the preparation!):

- 1) Creating a safe space for your dog is key. They may already have a crate and love to use it which is ideal. If not, find an area they love and fill it with their favourite blankets and toys etc. Some dogs go to their owner for reassurance when they are stressed, but some like to retreat to a place of calm and having a 'den' can help them through this anxious time.
- 2) As early as possible, start preparing your dog for the sound of fireworks by playing them recordings at a very low sound level whilst giving them lots of love and tasty treats. As and when the dog is comfortable with the sound, gradually increase it - still rewarding them all the time. Eventually work up to quite a loud volume so that your dog will eventually associate the sound of fireworks with enjoyable experiences.
- 3) On the day of the fireworks, exercise your dog well, both physically and mentally, so that they are tired and content in time for the evening.
- 4) Try and ensure your dog has their last toilet break before it gets dark so they don't need to go outside when the fireworks are on.
- 5) Close your curtains and put the TV or radio on to try and reduce the impact on your dog.
- 6) Try to remain happy and very calm on the day and evening of the fireworks - dogs pick up on your emotions and your stress may trigger an anxious response from them.
- 7) Finally, be aware that anxious dogs pant more - have plenty of water available for them



MEET OUR LOCAL EXPERTS...

We are delighted to introduce our three local experts who have all written articles for this quarter's newsletter. Introducing Janis Neilson from Happy Hound Canine Massage, Leeann Innes from Brookhydro Canine Hydrotherapy and River McDonald from Edinburgh Dog Behaviour...

Meet Janis Neilson, owner of Happy Hound Canine Massage



Hello Clan Canines. I am Janis Neilson of Happy Hound Canine Massage in Edinburgh. I am a Clinical Canine Massage Therapist and a member of the Canine Massage Guild. I rehabilitate soft tissue injuries and support orthopaedic conditions, treating the whole body in a safe, non-invasive, drug free way which can reduce or resolve many issues, including associated aggression if pain related.

Just like humans, dogs move by the action of muscles pulling on the skeleton. When they age, overuse their body, get injured or have orthopaedic issues eg arthritis or hip dysplasia, the muscles and/or joints may no longer work as efficiently.

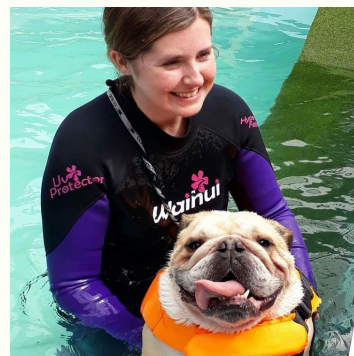
If you have ever had a sore ankle or knee, you might remember that after a few days of limping, your hip, back or shoulder started to hurt? Dogs are the same. Any limb that is no longer working efficiently will place extra strain on other limbs, back and/or the neck.

Massage is by no means a magic wand to fix all ills however your vet will hopefully consider it alongside other treatments and especially when other investigations are inconclusive or a prescribed medicine is not showing improvements. For example xray will not reveal fascia problems or soft tissue damage and non-steroidal anti-inflammatory drugs (brand names such as Metacam, Previcox etc and often shortened to NSAIDs) do not affect fascia so if your dog does not get relief from, or whose digestion cannot tolerate, such painkillers it may be that clinical massage could have the required effect.

Janis

In compliance with the Veterinary Surgeons Act 1966 veterinary consent is always required before any treatment can be undertaken and I will only provide treatment where such treatment is perceived to be beneficial.

Meet Leeann Innes, owner of Brookhydro Canine Hydrotherapy



My name is Leeann, I run Brookhydro Canine Hydrotherapy in Uphall, West Lothian. I have been open for 4 years now and the business is going from strength to strength. This is due to people looking into alternative therapies for their dogs to give them a better quality of life.

My inspiration for starting up the business was my own dog Brook, she was a Rottweiler - who the company is named after.

Brook suffered a ruptured cruciate back in 2008. Due to this she had to have her TPLO operated on. We were lucky enough to be referred to a great orthopaedic specialist and they suggested hydrotherapy to help with Brooks's recovery and to get the best results after surgery. After looking into Hydrotherapy and doing lots of research I realised that, this not only was a therapy that was very limited in Scotland at the time but I also knew that Hydrotherapy was a career I wanted to pursue and develop in. Brook sadly passed away at 13 and half years of age and I believe if she didn't have her hydrotherapy to keep her muscles strong and her back end stable, we wouldn't have had so many wonderful years with her, especially being a large breed.

Hydrotherapy can help aid so many medical conditions. Conditions such as; Hip & Elbow dysplasia, arthritis, luxating patella's, cruciate injury, spinal injuries and soft tissue damage. It can also be utilised post and pre operatively to help build up muscle lost before and after surgery. These are to name but a few. Hydrotherapy can be a great way to help dogs lose weight as well as maintain muscle tone. All dogs are assessed on an individual basis and a treatment plan is tailored to them and their unique needs after a vet check. The vet check just ensures the dog is fit to swim and gives me all the information I need to make sure the dog receives all the care it needs.

There is nothing more satisfying in the job than seeing results in my clients and witnessing how much their lives change for the better. This transfers to the owners too. I get to build relationships with the owners and therefore see the difference a happy, healthy dog can make to their lives as well.

Leeann

Meet River McDonald from Edinburgh Dog Behaviour



We have recently been working closely with River McDonald from Edinburgh Dog Behaviour, to integrate the lovely Luna into our clan. Having previously attended workshops on Dog Behaviour ran by River, we have always been impressed with her obvious expertise in this field and can't recommend her highly enough.

It's all about rewards with Edinburgh Dog Behaviour!

Greetings from Edinburgh Dog Behaviour. My name is River and I am EDB's behaviour consultant. I work with dogs of all shapes and sizes, from training and assistance dogs to rehabilitating rescues and aggressive dogs, but all dogs have one thing in common – they love our 5 minute easy home-made training treats! Because we focus on promoting positive emotions in our dogs and reward based training, it is super important we use tasty treats, but we also want something that is affordable, additive free and small enough that we can use LOTS (we don't work for nothing, so why would a dog?). This recipe is so easy, you'll wonder how you ever trained without it!

Ingredients



- 1 tin of mackerel fillets
- Small handful plain flour
- 1 egg



Method



- 1: Drain the mackerel and mash with a fork, into the bottom of the small microwavable plastic tub (the ones your take out come in at ideal).
- 2: Mix in one egg.
- 3: Add a little flour, mixing and mashing into the fish and egg. Keep adding bit by bit until you have a thick paste. Press this evenly across the base of the tub.
- 4: Microwave for 3 minutes.
- 5: Allow to cool for a few minutes then turn out onto a chopping board. Dice with a sharp knife, into small pieces. For most dogs I would make them about the size of my pinky finger nail, but substantially smaller for mini breeds like yorkies, chihuahuas, Maltese etc. You should get at least 100 treats, which you can pop in your treat bag and store in the fridge. They will keep for 2-3 days although depending on what we're working on we would easily get through 100 per day for an assistance dog or behaviour case.

IT'S SOGGY DOGGY SEASON AGAIN!

As the weather turns colder, walks with our beloved pooches tend to get colder and wetter. Pavements get gritted, our favourite walks get muddier and as a result of this, we find ourselves bathing our dogs more than in the summer months. So what can we do to help out our furry friends during this time? Here's some of our top tips for products to make your dog happier & safer, and your life a little easier too...

Keeping them warm & dry...

Equafleecees are a great way to keep your dog warm, dry and a little bit cleaner during the wetter weather.

Equafleecees are warm, water-repellent and breathable fleeces that come in various styles and fits. They are light weight, easy to wear, machine washable and 100% water repellent when worn close to the body. They are very comfortable for your dog to wear and a harness can easily be worn over the top.

Two of our gorgeous clan, 'wee Charlie' and Rupert, have worn an Equafleece during bad weather for around a year now and they love them! It really helps keep their fur clean and dry whilst they play in the mud!

Head down to Dofos Pet Centre in Leith who stock Equafleecees and the staff there will be able to help you get the right size/style for your pooch!



Keeping them clean & safe...

It's inevitable that your dog is going to get a lot muddier during the autumn. This means more baths. It can be hard knowing what shampoos and conditioners to use on your pooch to keep their coats glossy and not irritate their skin. We highly recommend an amazing company called The Herbal Dog Co. whose products you can find through the website www.bensonandlola.com

Their products are all organic and made using natural products, meaning you don't have to worry about using them regularly if your dog is a 'mud magnet'!

They also do a fantastic paw wax which is easy to use and protects your dog's paws from grit and chemicals on the roads during winter, which can be extremely harmful to your dog.

The founder of The Hebal Dog Co, Gemma Stocks, has created a special offer just for readers of this newsletter. Readers can get an amazing 30% off any purchases from the Herbal Dog section of their website by entering CLANCANINES in the voucher code section of the payment page.



Meet our newest clan recruits...



RAFA



DOOD



LUNA



COOPER



NEO



RUPERT