



## October 30<sup>th</sup> 2018 – Newcastle mobility team

Welcome to the mobility team newsletter. For more detailed information on any items please phone 03451 430220 or email [newcastlemtnews@guidedogs.org.uk](mailto:newcastlemtnews@guidedogs.org.uk)

### News

Well done to Newcastle Mobility Team colleagues Darren, Frank, Rachel, Gordon, Janet and Debs who completed the gruelling Coniston Challenge and raised an amazing £3000 for Guide Dogs.

Good luck to volunteers John Cragie and Kath Summerfield and Head of Mobility Services, Mark Burnett, who are finalists at the Guide Dog People Awards in November.

Help your dog through firework season.....

Signs of stress and anxiety can include:

- pacing
- panting
- whining
- barking
- trembling
- restlessness
- attention seeking
- shaking
- destructiveness
- hiding

What you can do

- Have a safe environment with no opportunity to escape.
- Ensure dogs always wear a collar and disk – in case of a successful escape attempt
- Ignore signs of restlessness and stress; reward calm, relaxed behaviour.
- Prepare a “den” away from windows.
- Close the curtains and turn on the TV or radio.
- Feeding your dog before the noise starts to encourage rest.
- Choose safe times for exercise and relief
- Don't leave the dog alone

- Use food-filled toys or other fun activities.

## Service updates

The team is striving towards our targets for this year; thank you to everyone who is supporting us. By September our services had directly supported 250 children and adults, delivered 7 contracts for Children's and Young People's services and recruited 173 new volunteer roles.

## Campaign updates

Dunston Guide Dog Owner, Margaret Ambrassas, recently asked motorists in Gateshead to consider vulnerable pedestrians when parking. In a week of action Margaret also took to the streets of Gateshead and asked shoppers to sign an open letter to the Government asking them to change the law on pavement parking.

The Government promised to review the law on pavement parking and it's almost 1000 days with no action taken.

Support us by signing up to our campaign email [www.guidedogs.org.uk/how-you-can-help/campaigning/pavement-parking](http://www.guidedogs.org.uk/how-you-can-help/campaigning/pavement-parking)

## Actions

My Guide continues to grow, with 24 new partnerships so far this year. Friends and Family training continues to develop and we are working with other sight loss organisations to deliver this.

A long list of people is waiting for a My Guide volunteer. If you live in Northumberland, Newcastle, Tyne and Wear or County Durham and could spare a couple of hours a week, please contact the My Guide team. You can be a life changer!

We need Puppy Walkers across Tyne and Wear, Durham and Teesside. Please tell anyone who may be interested in taking on this vital volunteer role.

## Events

Dates for My Guide, Safeguarding and Meet the Team training for the year are available at [newcastlemtnews@guidedogs.org.uk](mailto:newcastlemtnews@guidedogs.org.uk)

Annual Christmas Carol Service: St Judes Church South Shields from 2pm  
Saturday 8<sup>th</sup> December

Christmas Coffee Morning: Newcastle Office. 10.30 – 12.30am Thursday 13<sup>th</sup>  
December

## Contacts

E mail - [newcastlemtnews@guidedogs.org.uk](mailto:newcastlemtnews@guidedogs.org.uk)

Telephone- 03451430220

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