



# Guide Dogs Christmas Wishes Concert

Manchester Cathedral

Tuesday 5 December 2023



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2023's most  
heart-warming  
celebration!

# Contents

- 4 Welcome from Guide Dogs
- 5 Welcome from Manchester Cathedral
- 6 Guide Dogs procession
- 13 Acknowledgements
- 14 Event programme
- 18 Christmas stars
- 24 Christmas auction



## Joining us at Manchester Cathedral...

Toilets (including fully accessible) are located on the right-hand side, through Jesus Chapel.

Dog spending areas can be found outside the North cathedral doors.

Please switch off mobile telephones and do not use photographic, video or recording equipment at any time.

The Cathedral has a hearing-loop. Please set your hearing aid to setting T.

Volunteers are on hand to support with sighted guiding and dog welfare should you need assistance.



## Watching live from home...

We strongly recommend you watch the event on a laptop or PC using Google Chrome as the web browser. You can also use an iPad, but please note it is not advised to use your mobile as the view can be restrictive.

We'd love to hear from you throughout the event, to engage with us please login to YouTube and use the comment/reactions.

We are on hand to support with any queries you may have. But as this will be hosted on YouTube with a recorded version also available post-event, there should be minimal difficulties. If you do have problems, first try checking your internet connection. Check you have the most updated version of YouTube installed. If you still have issues, please email [events@guidedogs.org.uk](mailto:events@guidedogs.org.uk)



# Welcome from Andrew Lennox and Jamie Hambro

Welcome to our annual Christmas Wishes Carol Concert. Whether you are joining us at Manchester Cathedral or from home through our live stream, thank you so much for joining us to celebrate the start of the festive season.

We would like to say a very special thank you to this evening's readers, performers, and everyone who took part in our very own procession. Your time is greatly appreciated.

As well as enjoying the festive entertainment, tonight is also about raising vital funds to support children and adults with sight loss. There are two million people living with sight loss in the UK and this number is set to double by 2050.

Guide Dogs is here to help people with sight loss live the life they choose. We're best known for our life-changing guide dog partnerships, but there is so much more to us. Our expert staff provide vital rehabilitation skills that help people with sight loss live independently and well, while our incredible volunteer sighted guides help people get out and do the things they love. And we're also the number one provider of services for children and young people with a vision impairment and their families. We support young people of all ages with life skills and mobility, as well as providing bespoke large print books and free accessible technology, such as iPads, that enable children to develop confidence and independence in the modern world.

Our work is only possible because of generous donations and the thousands of volunteers that give us their time and energy. We owe a huge thank you to all our incredible supporters, without your help we could not do any of this. It is only because of you and events like this, that we can continue to do the work we do.

Together, we can help people with sight loss live their lives to the full. Thank you for supporting us tonight. We hope you enjoy what promises to be a fantastic evening.

Best wishes,



**Andrew Lennox**  
Chief Executive Officer



**James Hambro**  
Chairman



Please scan this QR  
code to hear an audio  
version of this welcome

# Welcome from Manchester Cathedral

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"Peace on earth, goodwill to all people" was the message sang by the angels as heard by the shepherds of Bethlehem one dark night. It is a message we still need today. Here in Manchester Cathedral, we are celebrating Christmas with thousands of people and it is a real joy to be sharing tonight with the Guide Dogs' 'Christmas Wishes Concert'. Each and every one is warmly welcome! Christmas music connects us to so much, not least to each other. May the joyful message of the angels reach everyone – and especially where our world is in trouble tonight.

**Canon Nigel Ashworth**





# Guide Dogs procession

The Guide Dogs community is thousands strong – made up of volunteers, supporters and staff who all play their part to help people with sight loss live the life they choose.

Tonight, we are delighted to kick-start our Carol Concert with our very own Guide Dogs procession, including our staff, service users, volunteers, and life-changing dogs.

A huge thank you to each of the individuals below, for joining our procession.



**Aiden Courtney** – Aiden is ten years old and is registered blind. When he was just 18 months old, he had pressure on the brain which impacted the optic nerves at the back of his eyes. Guide Dogs provides support for children and families, and Aiden has been using a range of tools including using a long cane and reading braille. In addition, Martin, his local Habilitation Specialist visits Aiden weekly at school. Aiden says he is amazing and helps me so much.



**Kylie Wrigley** – Kylie lost her sight in 2019 when her daughter was just four months old. Living with sight loss is different for everyone, and ever since her diagnosis, Guide Dogs have supported her with a range of services, such as living independently with technology and learning how to use a phone again. Now Kylie is on our Ready to Train list for a guide dog.

**Mavis Ince** – Mavis has been working with our Vision Rehabilitation Specialists, who aim to support and empower anyone who is on the Ready to Train programme. This includes help with anything from learning routes they may use every day, to life skills in the home. They aim to support individuals to develop and maintain the independence and confidence they need to live the life they choose.



**Glynis Telford** – Glynis has volunteered as a Puppy Raiser for over 13 years, raising an incredible 11 puppies. For the past 11 years, she has also been a Puppy Raising Mentor helping others to raise their puppies, as well as supporting puppy classes. Glynis loves working with the puppies, other volunteers and Guide Dogs staff and finds this role very rewarding.



**Bev DonBavand** – Bev and her husband Jon have been fostering for Guide Dogs for almost eight years now, and it's fair to say these furry little heroes have taken over their world. Our amazing fosterers care for a guide dog in training at home including feeding, grooming, free running, playing, and keeping up with that all important training. Bev says volunteering has been so rewarding and she can't imagine not being involved with Guide Dogs.

**Jon DonBavand** – Jon and his wife Bev have fostered over 40 dogs, each of whom have had their own little character and personality, and who have gone on to do wonderful things. Jon says he feels so proud and privileged to have been a part of their journey and to have met them all. Fosterers are vital for Guide Dogs, and our volunteers can take great pride knowing they are supporting people living with sight loss, and changing lives.





**Kenneth Dolan** – Ken, along with his wife Elaine and ambassador dog Harry attend a variety of events as Fundraisers with the Bolton Fundraising Group. He's also a Speaker for Guide Dogs. Ken says he finds volunteering very rewarding, and he enjoys meeting interesting people from all walks of life, helping to raise awareness and support for the charity.

**Elaine Dolan** – Elaine started her volunteer journey with Guide Dogs in 2022 as a Fosterer. Fast forward a year, and she is now the Group Organiser for the Bolton Fundraising Group, Merchandise Co-ordinator and Collection Box Co-ordinator. Elaine says learning new skills, making new friends and being part of a supportive community are the highlights.



**Claire Purr** – Claire is a Puppy Development Advisor and is joining today with demonstration dog Laine. Laine stayed with Claire when she was just nine months old and instantly became part of the family. She was a joy to train and so clever learning new behaviours. Laine is now proudly part of the Events Demonstration Team and spends time travelling across the country inspiring and engaging audiences all over the UK. She's been to Crufts, Goodwoof, on TV and so much more!



**Joan Hughes** – After sadly losing her pet dog, Joan wasn't sure she could go through the trauma again. And so, a friend recommended puppy raising. So, Joan, her husband and daughter became Puppy Raisers and have never looked back. They have recently taken on their sixth puppy. Joan also uses her expertise in other roles with her local fundraising group, and loves being a Speaker and Driver Co-ordinator too.



**Ann Cassidy** – Ann has been puppy raising since 2021. Sadly, her first puppy Beattie passed away at just 11 months old, but she has stuck with the role, and has since raised puppy David. Her current puppy Koko keeps her busy and is well loved by her grandchildren. Ann is also involved with her local fundraising group and attends events to raise funds for Guide Dogs. She's also a speaker and is training to become a sighted guide.



**Sally McCoy** – Sally has just celebrated an amazing 40 years with Guide Dogs! She found out about the Guide Dogs Mobility Specialist role when still at school but was too young to apply. At 18, she started working in kennels and then a few years later applied. Eight years later Sally became Canine Assisted Services Manager and feels so fortunate to have chosen a career that she loves.



**Helen Groves** – Helen and her husband Adrian started their journey with Guide Dogs many years ago with monthly sponsorship and had always aspired to become Puppy Raisers when retired. After raising their first puppy Bailey in 2021, they later decided to become stud dog holders in 2023. Stud dog Buzz receives many admiring comments for his calm and kind nature, plus his good looks! Helen says they are proud to be part of the community and spread the word to anyone who will listen!





**Erin Williams** – Erin was born with a vision impairment and struggled with her confidence when away from familiar people and places. Three years ago, she was partnered with Quince, her buddy dog and he changed everything. Since then, the whole family have become volunteers for Guide Dogs and attend events demonstrating the behaviours that Guide Dogs are taught. Erin is a key member of those demonstrations, as well as speaking in front of audiences about how Quince has changed her life.



**Lucy Hobson** – Lucy has had sight loss since childhood but began to lose more of her vision in 2019 when she was registered as severely sight impaired. She contacted Guide Dogs and was later matched with her guide dog Jenny. Their partnership has enabled Lucy to grow in confidence. They love their walks together, and Jenny has even enabled her to train for some big mountains including Kilimanjaro and Mount Blanc, all whilst raising money for Guide Dogs. Lucy is also part of her local fundraising group who work hard to raise funds and awareness.



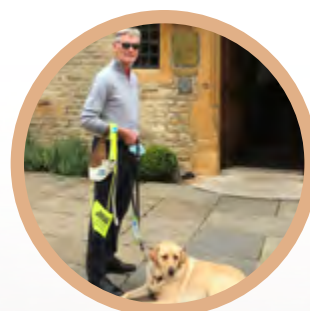
**Terry Quinn** – Terry is a speaker and relishes the opportunity to spread the word about Guide Dogs, and how his guide dog Spencer has changed his life. Terry is always happy to appear in interviews, and has appeared on Channel 4's Steph's Packed Lunch and Nicky Campbell's BBC Radio 5 Live phone in. In 2022 he was the recipient of the Guide Dogs Partnership of the Year at Guide Dogs People Awards. At this year's People Awards he also won the Chairman's Innovation Award.



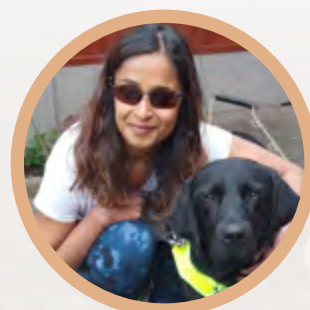
**Craig Lundberg** – During his second tour of duty in Iraq Craig was hit by two rocket-propelled grenades, his injuries were so significant that it was touch and go whether he would make it. After the news that he had lost his sight, he threw himself into sport completing the London Marathon and playing Blind Football for England. In 2009 he was partnered with Hugo who has been a massive part of his life. So much so, that when his first son was born, Craig named him Ben Hugo. Hugo is now retired, and in 2019 he qualified with Comet.



**Dave Thomas** – Dave and his guide dog Hannah are inspirational. After losing his vision to Glaucoma “the silent thief of sight”, they have raised over £100,000 sponsoring and naming over 20 puppies to help others. This ex-England football legend is now also battling hearing loss but lives every day to the full. He is donating all royalties from his autobiography ‘Guiding Me Home and Away’ to Guide Dogs.



**Jaina Mistry** – Jaina lost her eyesight at the age of 17 following a life-threatening allergic reaction to penicillin. She suffered from a severe form of Stevens-Johnson Syndrome which only affects 1 in every 3 million people. Being partnered with her first guide dog Laura gave Jaina back the freedom, hope and confidence sight loss took away. We’re delighted Jaina is taking part in both our procession, and as a speaker during the concert tonight with her second guide dog Ruth.



# How ticket sales and donations from tonight can help:

**£6**

could support a working guide dog partnership for a day.

**£26**

could pay for a child to attend a Guide Dogs My Time to Play session, where they can learn important skills through play.

**£69**

could buy a puppy raising kit for the volunteers who look after our puppies during their first year.

**£16**

could buy a coat for one of our puppies in training.

**£51**

enables us to produce a tailor-made, large print book for a child with sight loss, so they can enjoy reading just like their friends.

**£138**

could buy a Starter Kit for a new guide dog owner.





# Acknowledgements

We are grateful to the following individuals and organisations for their generous support of tonight's event.

## Event partners

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Manchester Cathedral

Spotlight Sound

## Special contributions

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Andrew Cotter

Christopher Stokes

Classical Reflection

Guide Dogs Procession

Inner Vision Trio with Baluji Shrivastav OBE

Jaina Mistry

Jamie Lawson

Susie Dent

Martin Clunes

Nigel Ashworth

West End Musical Choir

# Event programme

All guests at Manchester Cathedral are to be seated by 7.15pm, ready for the Guide Dogs Procession at 7.20pm. The concert will begin at 7.30pm and close around 8.30pm.

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Welcome – Nigel Ashworth the Canon in Residence

Welcome host Susie Dent

Somewhere in my memory – West End Musical Choir

Once in Royal David's City – Carol for all

Why Own a Dog – Martin Clunes

Matter to me – Jamie Lawson

Hark the Herald Angels Sing – Carol for all

Mountains in the snow – Andrew Cotter

Festive Medley – Inner Vision Trio with Baluji Shrivastav OBE

Ding Dong! Merrily on High – Carol for all

Inspirational Speaker – Jaina Mistry

Collection

Bring him home – West End Musical Choir

You raise me up – Classical Reflection

Joy to the World – Carol for all

Carol Barking – Martin Clunes

Seasons of love – West End Musical Choir

Thank you – Jamie Hambro

Organ piece on exit – Sleigh Ride



## Carol

### Once in Royal David's City

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Once in royal David's city  
Stood a lowly cattle shed  
There a mother laid her baby  
In a manger for His bed  
Mary was that mother mild  
Jesus Christ her little child

He came down to earth from heaven  
Who is God and Lord of all  
And His shelter was a stable  
And His cradle was a stall  
With the poor, oppressed and wholly  
Lived on earth our Savior holy

And our eyes at last shall see Him  
Through His own redeeming love  
For that child, so dear and gentle  
Is our Lord in heaven above  
And He leads His children along  
To the place where He is gone



## Carol

### Hark the Herald Angels Sing

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Hark! The herald angels sing  
"Glory to the new-born king  
Peace on earth and mercy mild  
God and sinners reconciled"  
Joyful all ye nations rise  
Join the triumph of the skies  
With angelic host proclaim  
"Christ is born in Bethlehem"  
Hark! The herald angels sing  
"Glory to the new-born king"

Hail the heaven-born Prince of Peace!  
Hail the Sun of Righteousness!  
Light and life to all He brings  
Risen with healing in His wings  
Mild He lays His glory by  
Born that man no more may die  
Born to raise the sons of earth  
Born to give them second birth  
Hark! The herald angels sing  
"Glory to the new-born king"

Hark! The herald angels sing  
"Glory to the new-born king  
Peace on earth and mercy mild  
God and sinners reconciled"  
Joyful all ye nations rise  
Join the triumph of the skies  
With angelic host proclaim  
"Christ is born in Bethlehem"  
Hark! The herald angels sing  
"Glory to the new-born king"  
"Glory to the new-born king"



## Carol

### Ding Dong! Merrily on High

Ding-dong! Merrily on high  
in heaven the bells are ringing.  
Ding-dong! Verily the sky  
is riven with angels singing:  
Gloria, hosanna in excelsis!

E'en so, here below, below,  
let steeple bells be swungen;  
and i-o, i-o, i-o,  
by priest and people sungen!  
Gloria, hosanna in excelsis!  
Pray you, dutifully prime  
your matin chime, you ringers;  
may you beautifully rhyme  
your evetime song, you singers:  
Gloria, hosanna in excelsis!

## Carol

### Joy to the World

Joy to the world! the Lord is come;  
Let earth receive her King;  
Let every heart prepare him room,  
And heaven and nature sing,  
And heaven and nature sing,  
And heaven, and heaven, and nature sing.

Joy to the world! the Saviour reigns;  
Let men their songs employ;  
While fields and floods, rocks, hills, and plains  
Repeat the sounding joy,  
Repeat the sounding joy,  
Repeat, repeat the sounding joy.



No more let sins and sorrows grow,  
Nor thorns infest the ground;  
He comes to make His blessings flow  
Far as the curse is found,  
Far as the curse is found,  
Far as, far as, the curse is found.

He rules the world with truth and grace,  
And makes the nations prove  
The glories of His righteousness,  
And wonders of His love,  
And wonders of His love,  
And wonders, wonders, of His love.



# Christmas Stars



## Andrew Cotter

Andrew is one of the most recognisable voices in sports broadcasting. He (or rather his dogs) became an international sensation during lockdown due to a series of videos of his Labradors – Olive and Mabel – which have now been viewed over 100 million times online. This led to two best-selling books and a sell-out theatre tour of the UK with audiences largely pushing past Andrew to get photos with Olive and Mabel.

In his other life Andrew is regarded as one of the leading commentators on the BBC's golf, rugby, tennis and athletics coverage. Among the many events he has covered are The Olympic Games, Wimbledon, The Masters, Open and Ryder Cup, The 6 Nations, Rugby World Cup, World Athletics and The Boat Race.



## Christopher Stokes

Christopher is the Organist & Master of the Choristers of Manchester Cathedral. He directs the Cathedral Choir, which, in addition to the essential Opus Dei, makes frequent television and radio broadcasts and tours regularly in Europe and the USA. The choir has recorded a number of CDs, which have received excellent reviews. In 1995 he founded Manchester Baroque, a group specialising in the performance of music of the 17th and 18th centuries. He has also conducted Manchester Camerata and the Northern Chamber Orchestra on many occasions.

Broadcasting has always been a central feature of Christopher's life and he has over 3,000 broadcasts to his credit. He has conducted and played for many Songs of Praise for BBC1 and is a director and organist for Daily Service on BBC Radio 4.



## Classical Reflection

Naomi and Hannah Moxon are identical twin sopranos.

They have performed in some of the UK's most prestigious venues, including numerous performances at The Royal Albert Hall, as well as performing the national anthem at the iconic O2 Arena to an audience of 15,000. They have also had the honour of singing the National Anthem at Wembley Stadium for the Carabao Cup Final to a packed stadium of over 85,000 fans, including HRH Prince of Wales. In December 2019, Classical Reflection were honoured to sing for The Royal Family at a private event.

They have also independently released multiple albums and singles; their most recent release, ECHO, reached number three in The Official Classical Charts and was broadcasted on both Classic FM and BBC Radio stations and their single Till There Was You went in the Official Charts at number six. In 2018, Classical Reflection were subsequently nominated for a Classical Brit Award for their work in Classical Music.



## Inner Vision Trio with Baluji Shrivastav OBE

The Inner Vision Orchestra was founded in 2012 and is the world's only professional ensemble of blind musicians.

Members of the orchestra burst onto the world stage at the Paralympics in 2012 to perform at the closing ceremony with Coldplay and performed International Unlimited Commission 'Antardrishti-Inner Vision' to full audiences at Queen Elizabeth Hall, Norwich Arts Centre, The Royal Opera House in Mumbai and The British Council Theatre in Delhi.

They celebrate the diversity of their talented members who have been brought together from around the world by Indian maestro Baluji Shrivastav OBE.







## Jaina Mistry

Jaina is an award-winning nutrition consultant and speaker. She is believed to be the first blind woman in the UK to qualify as a fitness instructor. Jaina and her guide dog Laura starred alongside actor Martin Clunes in 'A Dog Called Laura: The secret world of guide dogs'.

Jaina lost her eyesight at the age of 17 following a life-threatening allergic reaction to penicillin. She suffered from a severe form of Stevens-Johnson Syndrome which only affects 1 in every 3 million people. Having a guide dog gave Jaina back the freedom, hope and confidence sight loss took away.



## Jamie Lawson

Jamie released his debut album, *Last Night Stars*, in 2003, though it wasn't until his second album seven years later that he would find real success. *The Pull of the Moon* was released in 2010, but it took off the following year when the YouTube video of one of its tracks, *Wasn't Expecting That*, was played on *The Ian Dempsey Breakfast Show* on Today FM, Ireland's biggest station.

The song became the station's most requested track and launched his chart career.

In 2015, Jamie became the first act signed to Ed Sheeran's Gingerbread Man Records label, and his self-titled third LP arrived later that year and entered the UK album chart at number 1.

He won the Ivor Novello award for 'Best Song Musically and Lyrically' in 2016 for *Wasn't Expecting That*. After tours with Ed Sheeran and One Direction, he returned to the studio to record a follow-up. His fourth album, *Happy Accidents*, featured the single, *Can't See Straight* co-written with Ed Sheeran and Snow Patrol's Johnny McDaid. In late 2018, after announcing a major headline tour of the U.K. and Europe, Lawson returned with the single *Testify*. Early 2019 saw the release of his fifth LP, *The Years in Between*. In 2023 he released his sixth studio album, *Little Weaknesses* and has just finished touring in Glasgow, Leeds, Manchester, Newcastle, and London.

## Martin Clunes

Martin is one of Britain's most popular and well-regarded actors. He is probably best known for his roles as Martin Ellingham in ITV's Doc Martin, and before that as Gary Strang in the BAFTA award-winning sitcom Men Behaving Badly.

His film credits include Nativity 3, The Russia House, Saving Grace, The Acid House Trilogy and in the Oscar-winning Shakespeare in Love he won a Screen Actors Guild of America award for his portrayal of Richard Burbage.

Beyond acting, Martin is well known for his documentaries, which include Buffalo Pictures' A Man and his Dogs, Horsepower and Heavy Horsepower, Man to Manta, the Last Lemur Standing, The Islands of Britain and Man & Beast not forgetting ITV's award winning The Secret Life of... series which he narrates. In 2015 Martin was awarded the OBE by the Queen for services to Drama, Charity and the Dorset Community.



## Nigel Ashworth

Canon Ashworth started his position as Canon Pastor at Manchester Cathedral in 2022. He previously served as Rector of St Ann's Church in Manchester for more than 14 years.

Originally from Saddleworth, he began his official involvement with the church after his Grandmother suggested he join a choir. He spent time as Chaplain at what was the Campsfield House Detention Centre in Oxford, before joining St Ann's Church in Manchester City Centre in 2008.

He has a keen interest in the history of the city and the church.





## Susie Dent

Susie Dent is a writer and broadcaster on language. She recently celebrated 30 years as a co-presenter and the resident word expert on C4's Countdown, and also appears on the show's comedy sister 8 out of 10 Cats does Countdown. Susie comments regularly on TV and radio on words in the news.

She has regular columns in the Radio Times, The Week Junior, and the i newspaper, and is the author of several books, including her latest two, "Roots of Happiness: 100 Words for Joy and Hope" and "Interesting Stories about Curious Words: From Stealing Thunder to Red Herrings".



## West End Musical Choir Manchester

West End Musical Choir is a UK's adult non-audition musical theatre choir. They host weekly rehearsals learning the classic and new hits from the West End & Broadway, uniquely led by the professional Musical Directors from the West End.

Together, they learn songs from the musicals we all love within a fun and social environment. They are a diverse community who host regular theatre trips and big scale events. They have performed at Hampton Court Palace, the V&A Museum, as backing singers for contestants on the The X Factor, the London Marathon, 'This Morning' ITV, 'Good Morning Britain' ITV, 'The One Show' BBC, RHS Chelsea Flower Show, Abbey Road Studios, West End LIVE at Trafalgar Square, Disneyland Paris, Notre Dame Paris & many more.





Sponsor  
a Puppy

# Give a life-changing gift this Christmas

You can help our newest recruits, **Douglas, Sage and Crumble** become life-changers by sponsoring them for yourself or a loved one, from just £1 a week. Watch them grow from an eight-week-old bundle of fur to a fully qualified guide dog, with regular Pupdates and photos along the way!



Crumble



Douglas



Sage

Visit [guidedogs.org/sponsor](https://guidedogs.org/sponsor) or scan the QR code below to sponsor a puppy. **With your help, we can bring hope to the lives of even more people in the UK living with sight loss.**

Scan  
me



**£1 a week = £4.33 per month, per puppy. Sign up by 8 December to guarantee your welcome pack in time for Christmas Day. Sponsorship lasts for 2 years.**

# Christmas auction

Celebrate Christmas with us and be in with a chance of winning exciting prizes!

We're delighted to be holding a Christmas auction alongside our Carol Concert this evening. By bidding on your favourite items, you can raise vital funds to help people living with sight loss live the lives they choose.

The online auction is now live and bidding will close at 9pm on Thursday 8 December.

Here are just a few of our fantastic prizes. To see the full list of what's on offer scan the QR code or visit <https://uk.givergy.com/GuideDogsAuction> click on auction items from the menu. You can also buy a microchip for a new puppy, a coat for a puppy in training, a large print book for a child with sight loss.... and more!



scan me

## Guide Dogs bundle

A bundle of Guide Dogs goodies just in time for Christmas!



## Bake with a Bake Off legend in your own home

It's time to enjoy an exclusive baking class led by a former Bake Off star for your private group of 14.



## Bespoke Guide Dogs demonstration

An exclusive opportunity to experience a hands-on, bespoke day at one of our training schools closest to you.





### Michael Caines Testing Menu for two

A fine dining experience at the five-star Lymington Manor, including a signature 8-course menu.



### Personalised recording by Classical Reflection

A fantastic opportunity to have an exclusive personalised recording of four songs performed by Classical Reflection.



### Two personally signed books by Susie Dent

Interesting Stories About Curious Words and Roots of Happiness – a 100 words for Joy and Hope.



### Overnight stay for 2 at Woodland Grange

Set in 16 acres of beautiful gardens in the heart of the Midlands, including dinner, bed and breakfast.



### Training Guide Dogs by Eleanor Tomlinson

Best known for her works for HM Queen Elizabeth II's Platinum jubilee, an original ink and watercolour piece.



### Champagne afternoon tea for two in London

Treat yourself and a loved one to a sumptuous champagne afternoon tea at the beautiful Rosebery restaurant at London's five-star Mandarin Oriental hotel.



### Phil Foden signed Manchester City shirt

Signed by City and England sensation Phil Foden, framed in a classic black frame and comes complete with a Certificate of Authenticity.



Visit  
<https://uk.givergy.com/GuideDogsAuction>  
for further details.



# Julie and Yoko

“ I had wanted nothing more than to be a teacher my whole life. Teaching was my passion. Suddenly I could not do it anymore and I felt completely lost.

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Julie, a mother of three, was a primary school headteacher until she suffered unexplained sight loss and was faced with the challenge of rebuilding her life.

“I spent six months just wallowing. I’d wake up, open my eyes and would not know what to do. I needed help to do simple tasks like washing, dressing and getting in and out of the shower. You keep asking yourself, ‘Why me?’. I couldn’t teach, but I needed to do something, so I became the chair of a charity for people with vision impairments and started organising things for them.”

Julie discovered the sport of bowls by chance during a taster session for the charity and found she had a natural talent. In addition to her Commonwealth Games bronze medal, she holds the Welsh and UK Outdoor Singles title.

Julie qualified with her first guide dog, Yoko, in late 2020 and the pair have attended a number of bowls competitions together. Julie says: “Yoko is absolutely fantastic. She’s a real superstar. She gives me a whole new sense of independence off the green and this makes it easier for me to play. She is also great to give a little cuddle too if you need to relax for a moment or two. I don’t know what I ever did without her. She really is amazing, and she has made my life so much easier.”

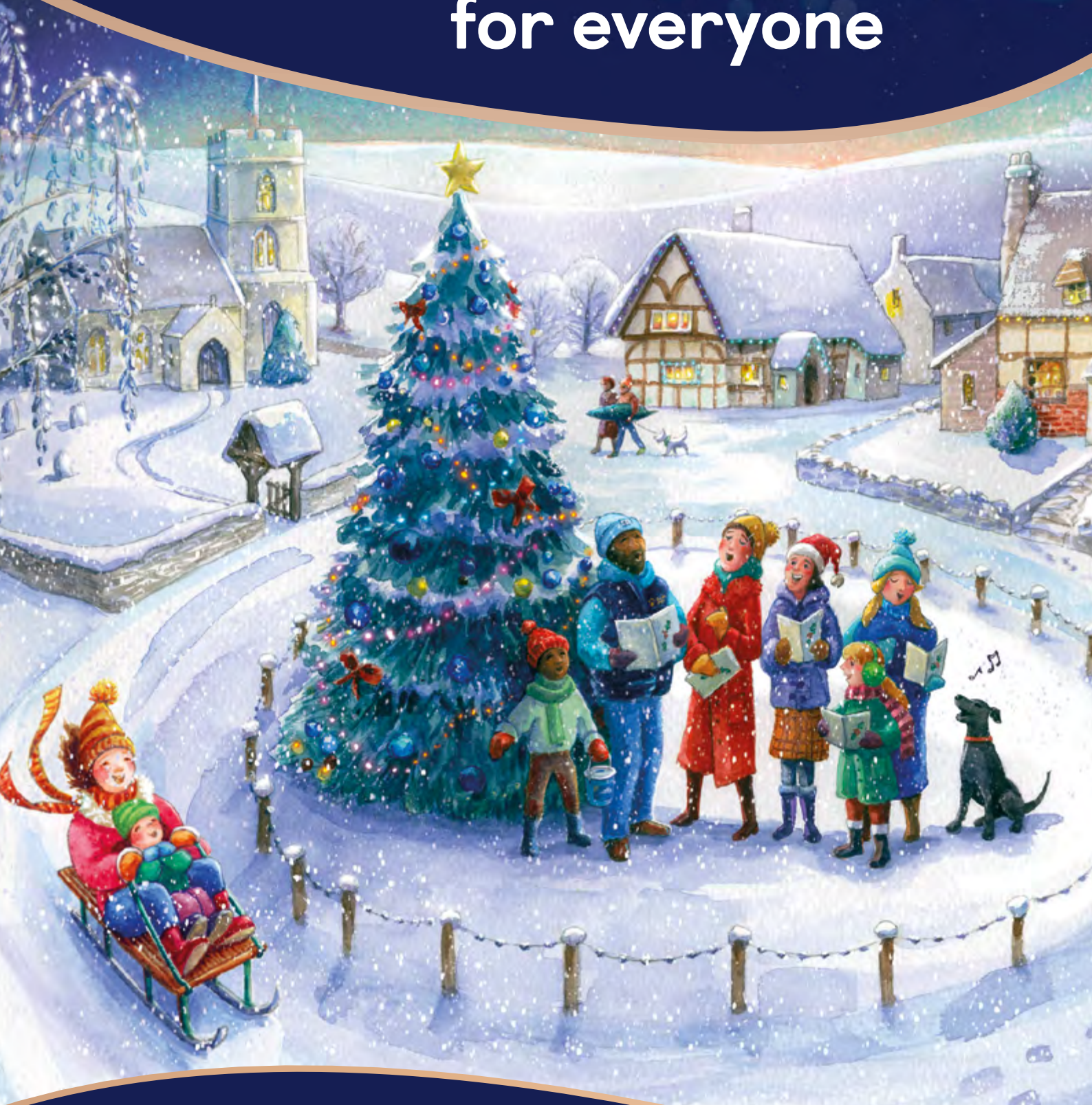






Christmas 2023

# Feel good gifts for everyone



**FREE  
P&P**  
on orders  
over £45\*

[www.guidedogsshop.com](http://www.guidedogsshop.com)

100% of profits go to Guide Dogs



# Join the Guide Dogs community

Being part of the Guide Dogs community means together we will be helping more people with sight loss to live actively, independently and well. We have a variety of volunteering roles that contribute to the work we do.

Whether you can give a minute, an hour, or a lifetime we have something for you. You can work directly with our dogs or with people with sight loss. You can support raising awareness of our services, organise events for us and much more.

## Fosterer

Would you love to have a dog in your home but only have a small amount of time on your hands? Then this could be the perfect role for you. You will be providing a dog in training with a loving home for a short period of time, which can vary from a couple of days to a couple of months. All whilst giving them the care and support they need for their training.



“I’m happiest around dogs so raising puppies for Guide Dogs is totally up my street. I absolutely love it. I’ve met so many wonderful people through the charity.”

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**Nimmi, Puppy Raiser**

## Puppy Raiser

Do you have space in your heart for a guide dog puppy? As a Puppy Raiser, you’ll provide a puppy with the vital foundation for its future role as a guide dog. You’ll be looking after a puppy for 12–16 months and will guide him or her through training, socialisation, the introduction of new environments and experiences whilst providing a loving home.







## My Sighted Guide

Are you interested in getting out and about in your local community more? Do you want to give your support to someone with sight loss? Do you love interacting with others? If you have answered yes to all three questions then this could be the perfect role for you.



## Fundraising Group Coordinator

If you have a passion for organising events and socialising with others, this could be the role for you. In this role, you will be helping your local fundraising group to organise and host events, to raise funds and awareness for Guide Dogs.

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You can find out more on our website at [guidedogs.org.uk/volunteer](https://www.guidedogs.org.uk/volunteer) or chat to our friendly office on email [volunteer@guidedogs.org.uk](mailto:volunteer@guidedogs.org.uk) or calling 0345 143 0191.



# Good Dog!



## A New Year's resolution for you and your dog

Start off your New Year on the right foot with Good Dog!, our expert pet dog training and welfare subscription made for you. It's a great way to build the bond with your dog, learn some new training techniques and get some goodies for you and your dog along the way!

### For just £10 a month you'll receive:

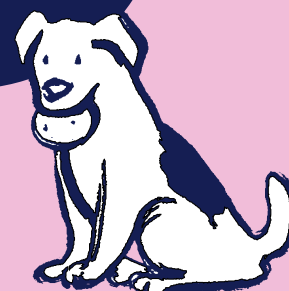
- A welcome pack and four seasonal packs with special gifts and treats, courtesy of our partners at Royal Canin.
- Emails jam-packed with training videos, enrichment games and top tips.
- A graduation pack reflecting on your journey.
- And lots more!

Start now by scanning the QR code below or by visiting:

**[guidedogs.org.uk/gooddog](https://guidedogs.org.uk/gooddog)**



Your £10 per month will also help us to provide vital support to adults and children living with sight loss.





# Sports and challenge events



We have guaranteed places in the top UK running events and would love for you to join #TeamGuideDogs in 2024

- London Landmarks Half Marathon
- TCS London Marathon
- Great North Run
- Royal Parks Half Marathon

Visit [guidedogs.org.uk/events](https://guidedogs.org.uk/events) for our full sports and challenge events calendar including Facebook events and extreme challenges.

**Make 2024 the year you make it count for children and adults with sight loss in the UK.**



[events@guidedogs.org.uk](mailto:events@guidedogs.org.uk)

0345 143 0200



Guide Dogs is a working name of The Guide Dogs for the Blind Association. Registered Office: Hillfields, Burghfield Common, Reading, Berkshire RG7 3YG. A company limited by guarantee registered in England and Wales (291646) and a charity registered in England and Wales (209617), Scotland (SC038979) and Isle of Man (1334).B405 11/23

