



# Lola

**Lola's progress**

**Pupdate 5**

# Welcome to your October Pupdate

**I hope that you and your family are well and enjoying these beautiful autumn months.**

Thank you so much for supporting Guide Dogs by sponsoring a puppy. Considering the current economic challenges, we are so grateful for your continued commitment; you form an integral part of the Guide Dogs family. Your generosity is helping children and adults living with sight loss to live independent and confident lives.

Every day 250 more people join the two million already living with sight loss in the UK, and this number is set to double by 2050. Our services are needed now more than ever. Our guide dogs and buddy dogs really do change lives, and we couldn't breed and train these incredible dogs without you. Thank you.

I'm pleased to share your sponsored puppy's latest Pupdate with you and I hope that you enjoy reading it.

Yours sincerely,



**Chris Allum**  
Puppy Sponsorship  
Manager



# Lola is progressing at training school



“  
**Hello, it's Liz  
here, Lola's  
trainer.**  
”

Lola is making good progress at training school with me and trainee guide dog trainers, Ali and Vicky. She's a lovely, caring dog who likes to take things at her own speed. In new environments she will take her time to do a 'risk assessment' before approaching the situation; a great quality for a future life changer!

## Lola's learning

Lola can be uncomfortable with having her head touched, so when we introduced her to the guiding harness we wanted to ensure it was a positive experience. We turned it into a bit of a game and made a large hoop out of some piping. We then encouraged her to put her head through the hoop in return for treats, which she loved! We re-introduced the harness by laying it on the floor with treats hidden in it. This allowed Lola to become comfortable with putting her head near the harness in a way that was completely within her control. The next step was to hold the harness up with treats hidden in it for Lola to sniff out before finally asking her to put her head through. Lola is now happy putting her head into the harness. This is a huge success for Lola - we are so proud of her!



Now that Lola is working in harness, she's started to learn obstacle avoidance. We have an obstacle course on site that we practise with. It is important for Lola to learn to move out of the way of an obstacle and then return to a straight path, as this will keep her future owner safe. At the moment, we're using our body positioning to support her, but as her confidence grows she'll begin to take on more responsibility and learn to navigate obstacles without any cues.

## Overcoming challenges

We're continuing to help Lola feel confident when she's out so that she can provide tension consistently through the harness. We're using a technique called 'back chaining'. When we introduce a new route, we begin at our destination and work backwards. So we'll start somewhere fun like the park, where Lola can enjoy a free run, and then we'll move back and walk a short distance along a straight road back to the park. Then we'll go farther away, maybe around a corner. We'll keep moving farther back on the route until eventually Lola is confident walking the entire way. This technique is working well.



Discover how Lola is learning to navigate obstacles by scanning the QR code with your smartphone or going to:

**[guidedogs.org.uk/puppy-lola](https://guidedogs.org.uk/puppy-lola)**

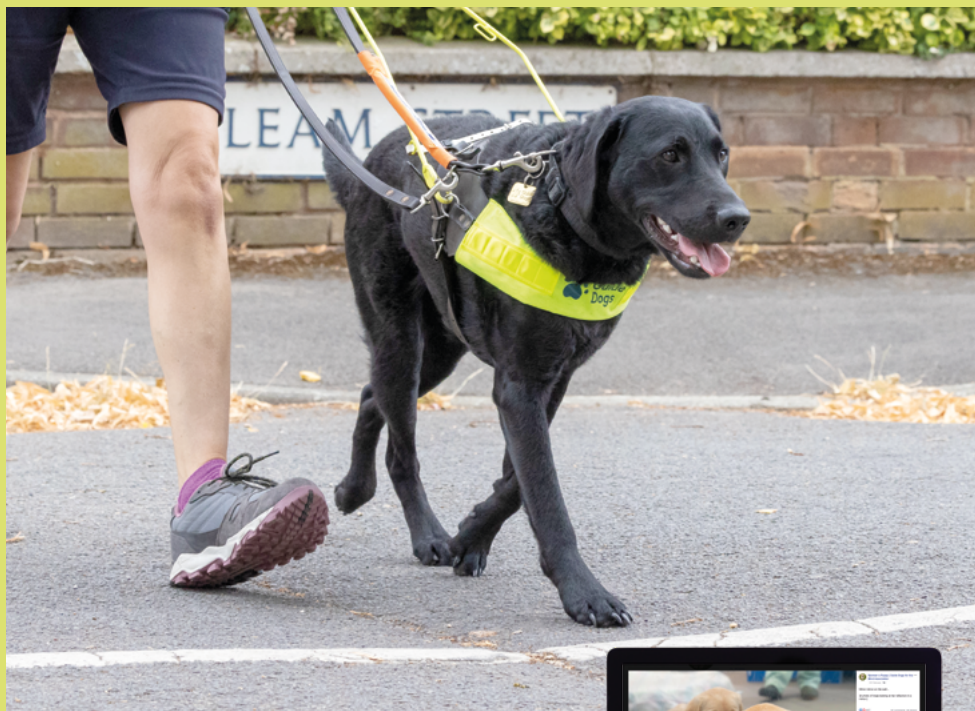


## Looking ahead

Over the next few months, we will continue to work with Lola to ensure that she has all the necessary skills for her future role. It may take Lola a short while to settle into a new home, as it did when she moved to training school, but once settled she'll make friends with anybody, especially if they enjoy a game of tug!

Lola is such a sweet girl and a pleasure to work with; she will be a wonderful and affectionate companion to her future owner. Look out for your next Pupdate in February to find out how Lola is getting on.





Don't forget, you can find even more exciting updates by joining Lola's exclusive Facebook group.

Visit [www.facebook.com/groups/puppy.lola](https://www.facebook.com/groups/puppy.lola)



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