

FAITH AND FAITHFULNESS

There are hundreds of things to address if you want to live to a 100 and somewhere in the top twenty tips you will always read that having a pet can protect against the effects of stress...

It's not till you own a pet do you realise just how much they influence your life. To become part of your family means that they need to learn how to share your home in a civilised manner. Regular, healthy meals, sensible exercise and training all lead to gaining respect. It's down to you to control and National Pet Weeks tips will guide and support you through the pathway of their life.



It's surprising just how much a pet can inspire what you do – you will also be surprised as to how much we have in common with one another, and it's that bond that builds the relationship.

They are affected by your moods; when you are happy, when you are sad – they know. If you are unwell, where are they? They are at your side. They ease tension and uncomfortable situations – a pet will naturally distract any pressure because all attention actually turns to them, leaving you time to think through and handle the problem clearly.

A pet will bring out the best in you, as I discovered when taking Harvey and Jay to Court House Nursing Home, in Malvern.

Court House comprises of four separate units, each with it's own character. Two are registered for frail and elderly nursing care, one for the physically disabled and another for dementia nursing.

By offering around the clock care they strongly believe in keeping their residents active, it's so important for the mind. They encourage hobbies and personal interests, organise entertainment and social events while interacting the young with the old.

Then they thought about animals. And what an inspiration that was – enough for National Pet Week to choose them as the outright winner of the most innovative event. Not to say that all around the county hundreds of people participated and for that they all deserved a prize, but to see the difference that animals made to these people was not only overwhelming, it was emotional.

Harvey and Jay went to meet the elderly, the young and the infirm at Court House. Their presence created a buzz along side Truffles, the Shetland pony. Torn between having their photograph taken and being touched, they generated a response from some whose lives were silent due to illness, others who were confined to wheel chairs and so many more who just wanted affection. This and more simply confirmed to me that pets have so much power – power to make people feel good only proves that without doubt that a pet plays a very important role in our lives.

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