

The Pups Post

WE BRING PROMISE TO LIFE



This Month Issues

- ② Pet dog reduce suicide risk!
- ⑤ Canine assisted therapy
- ⑧ Michael and Roselle-9/11



James Middleton and his dog Ella

Brother of Kate, Duchess of Cambridge

James recently posted on Instagram (jmidy- Scottish Highlands), "My own journey with mental health is no secret. A few years ago I was in a very dark and lonely place, I was existing without purpose or direction, the constant hearth thudding anxiety stripped away any joy, excitement or anticipation.

It was during this time that I realised how much my dog's, in particularly Ella, helped me during a really difficult battle with clinical depression. She saved my life, which was why we are signed up with @petsastherapy_uk as I recognise the huge positive impact animals can have in our lives".

Joanne Baker
Chief Editor

This edition of the Pups Post is a celebration of life beyond lockdowns and being able to get back to our work. I am not going to pretend that work is back to normal nor have we launched out of the pandemic better than ever, but we have hope in our hearts and believe more than ever that whatever doesn't kill you makes you stronger. This edition is our celebration of the world... once again having conversations of the power of the canine-human bond and how great they are for our health and wellbeing.

Pet dog reduces suicide Risk!



New study from North Dakota State University explores the interpersonal theory of suicide and close attachment.

The Interpersonal Theory of Suicide is a psychological theory that aims to predict when a person is more likely to want to die by suicide. The factors identified in the theory are that a person feels they do not belong, they feel that they are a burden to others and they feel no hope that their situation can change. While this theory is not perfect – it aims to explain and simplify a very complex issue – it has been a starting point for further research that explores ways we can protect ourselves from mental health challenges.

The study from North Dakota State University published in 2021, specifically looked at how pet attachment could impact a person's risk of suicide. Pet attachment is the bond that a person has with their pet. The results indicated that, overall, attachment was associated with lower suicide risk.

Importantly, the study also showed that the type of attachment to the pet is significant. A healthy attachment to a pet is most beneficial – a relationship where the person has a positive attitude towards their pet and feels a mutual benefit from having a pet in their life.

This and other studies that have investigated pets and mental health have found that a pet itself is not a “treatment” for mental health problems, but that pets can help people to cope with their symptoms.

Any type of companion animal – cats, rabbits, birds, reptiles – can improve mental wellbeing, but studies have shown that the benefits of owning a dog are particularly special.

So just how can a canine friend help increase feelings of belonging, reduce feelings of being a burden and improve overall mental wellbeing?

Dogs show unconditional love and affection, as well as a high level of excitement just to see us come through the door. Having a dog to keep you company can reduce feelings of loneliness and social isolation.

Caring for a dog can provide a sense of purpose. Dogs rely on us to feed them, take them on walks, clean up after them and provide them with enriching activities. They make us feel needed and can help us remember to take care of ourselves. The routines that dogs depend on also provide structure to our lives, and structure can be an important goal when treating feelings of low mood.

Dogs can be someone to talk to. This may sound strange, but it has been shown that discussing your feelings aloud to your dog can decrease levels of distress when experiencing mental health symptoms. It doesn't matter that your dog cannot provide feedback, in fact it may be better as it reduces our fear of judgement.

Training your dog can provide a sense of achievement. Successfully learning a new command will make both you and your dog proud and it is a great bonding activity to be learning new things together.

Mindfulness is often recommended when managing feelings of

stress or anxiety. Spending time with your dog can be a great informal mindfulness practice – go for a walk and focus on your breathing while taking deliberate notice of the sights, sounds and smells around you.

Physical touch is innately important to people's wellbeing and simply patting your dog can reduce the physiological symptoms of stress or anxiety – it can lower your heart rate and breathing rate and cause muscles to relax.

Having a dog can make it easier for people to make new social contacts. It could be a small interaction like saying hello to someone on your morning walk or making small talk with another dog owner you meet along the way. Having a dog can be an easy topic of conversation and reduce feelings of social anxiety.

And remember, it is still possible to get some of the physical and mental benefits of being around a dog even if you are unable to make the long-term time and financial commitments of owning one – borrow a dog from friends or family members to take for a walk, become a foster carer for an assistant dog in training or a rescue organisation, or volunteer to groom and socialise dogs!

For more support:

Lifeline 13 11 14
lifeline.org.au

Beyond Blue 1300 22 4636
<https://www.beyondblue.org.au>

Puppy Raising for Righteous Pups

Have you ever had the joy of raising a puppy? So full of life, enthusiasm and wonder! To become a happy and healthy dog, a pup needs love, guidance, boundaries and experiences. Got room in your life to embrace this challenge? We make a promise to our pups to find them a wonderful home with people willing to be part of their journey. Can you help us fulfill this promise? Contact Jenn at Righteous Pups on 0413 416 247



Our New Platinum Sponsors

It is with great joy that we proudly welcome Bendigo Bowling Centre and their amazing team. Since we began back in 2003, Bendigo Bowling Centre has always welcomed our assistance dogs in training and the families we serve. A number of the team foster our assistance dogs in training and they generously made our last Christmas by donating a significant amount to our Christmas appeal to raise \$20,000 to purchase a portable play system for our dogs.

We are so grateful and inspired when our sponsors get our why and want to help us get this important work done. It is also lovely that our new sponsors are part of our local community.



COMMUNITY DOGS PROGRAM



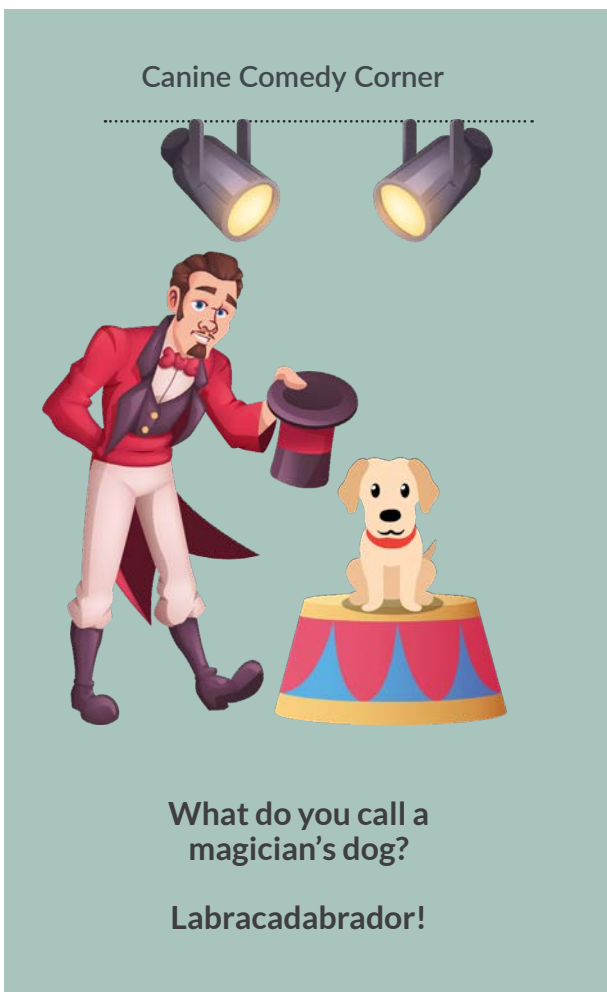
YOU MIGHT NOT KNOW OUR BEGINNING. RIGHTEOUS PUPS ORIGINALLY OPERATED AS A WORK FOR THE DOLE PROGRAM WORKING WITH FIVE LABRADOR PUPPIES AND 8 LONG TERM UNEMPLOYED YOUNG PEOPLE FROM THE BENDIGO REGION. THESE LITTLE LABS WERE LOVED, CUDDLED, AND TRAINED WITHIN AN INCH OF THEIR LIVES. AS THEY THRIVED, SO TOO DID EACH YOUNG PERSON!

PART OF THE PROGRAM AND KEY TO THE JOURNEY OF BECOMING AN ASSISTANCE DOG, IS LOTS OF PUBLIC EXCURSIONS AND TRAINING IN REAL LIFE SETTINGS. WE HAD A 14-SEATER BUS AND WOULD LOAD UP THE LABRADORS AND HUMANS AND AWAY WE WOULD GO! IT WAS SUCH AN ADVENTURE EVERY TIME. THE MORE WE VENTURED OUT INTO PUBLIC SETTINGS THE MORE A CONCERNING PATTERN EMERGED WITHIN OUR LABRADORS... THEY WOULD BE HOSTILE TOWARDS ANY OTHER DOG THAT WASN'T A LABRADOR. THEY HAD BECOME BREEDIST (AKA 'BREED RACIST') AND THAT WAS UNBECOMING OF AN ASSISTANCE DOG IN TRAINING.

AROUND THE SAME TIME, A LOCAL HUSKY OWNER CONTACTED US AS THEIR DOGS WERE MISBEHAVING AT HOME. THEIR SIMPLE REQUEST,

'CAN THEY COME TO DOG SCHOOL' KICKED OFF THE COMMUNITY DOG PROGRAM! BACK THEN, IT WAS 3 DOGS WHO CAME TO OUR TRAINING SCHOOL TWO DAYS A WEEK AND WONDERFULLY, THEY BEGAN TO HELP OUR LABRADORS LEARN ABOUT OTHER DOGS. BEFORE WE KNEW IT, SEVERAL DOGS WERE ENROLLED IN OUR SCHOOL BECAUSE OF BEHAVIOUR AT HOME. WE HELPED THEM AND IN RETURN, THEY HELPED SOCIALISE OUR ASSISTANCE DOGS IN TRAINING.

TODAY, WE HAVE OVER 100 PRIVATELY OWNED COMMUNITY DOGS ENROLLED IN OUR TRAINING SCHOOL THROUGHOUT THE WEEK. OUR LABRADORS IN TRAINING TO BE ASSISTANCE DOGS HAS ALSO GROWN TO FORTY-FIVE AND TOGETHER... THEY ARE OUR FOUR-LEGGED STUDENT BODY. IF YOUR DOG IS PART OF THIS PROGRAM, WE WANT YOU TO KNOW IT STARTED WITH 3 HUSKY'S NEEDING SOME EXTRA CHALLENGES AND FUN IN THEIR DAYS. TODAY YOU ARE A PART OF SOMETHING TRULY SPECIAL...AS ALL YOUR DOGS SHOW WHEN THEY EXCITEDLY GET ON THEIR SCHOOL BUS (WHICH HAS ALSO GROWN - HAHAAH), TO CATCH UP WITH THEIR FRIENDS AND ENJOY THEIR DAYS TOGETHER.





Canine Assisted Therapy

“All dogs are therapy dogs. Some just freelance.”

Canine Assisted Therapy (CAT) is an innovative way to build engagement, increase capacity, improve functioning, build life skills, prosocial behaviours and resilience and all within a relaxed, safe and caring environment designed to reduce stress and anxiety.

Righteous Pups assists and supports people with disability and mental health and welfare needs. A well trained dog in a time of crisis, is a true friend indeed.

We assist and support our participants to attain their goals for quality of life, personal agency, and greater independence. The individual can explore something new, work through specially crafted experiential opportunities and interact in a low pressured environment. Individuals establish a bond with their dog and learn prosocial behaviours by playing with, working together in set challenges,

or brushing the dog. Canine assisted therapy has proven to work for many people across most age groups, abilities and mental health care needs. Dogs are particularly beneficial for people because dogs are non-judgmental, non-verbal communicators

Our therapeutic team consist of the participant, practitioner, and the dog. Our focus is to improve social, psychological and cognitive abilities of our participants.

Dogs have a great ability to mirror a participant's emotions and behaviours, providing immediate feedback for both the participant and practitioner, creating opportunities for growth and change.



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ADVISORY



Ribsy Roo and the RPA Cricket Team.

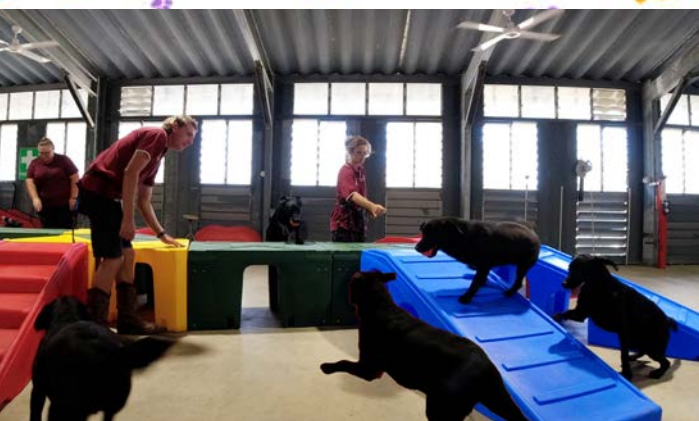
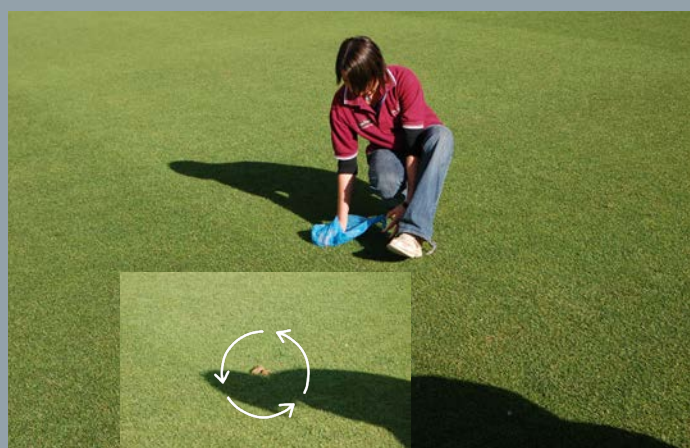
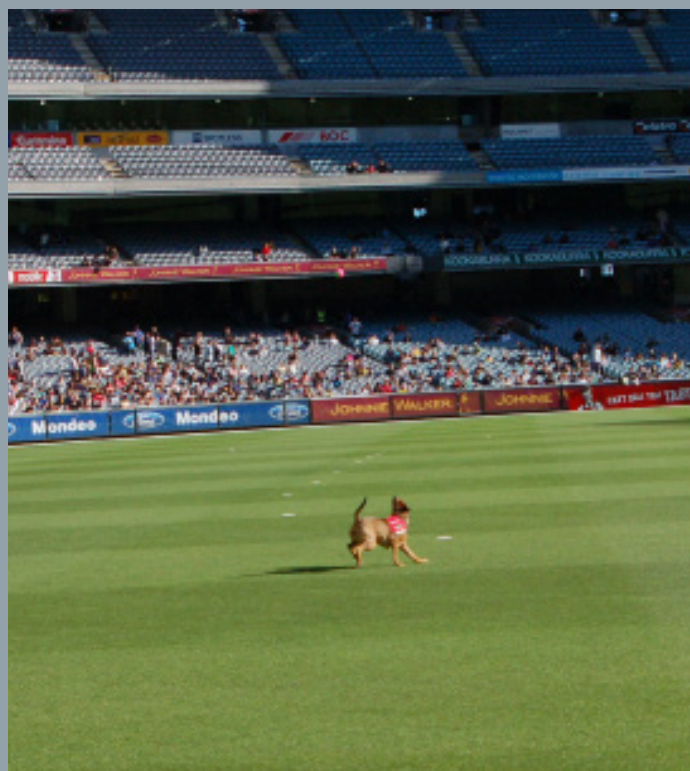
In the early days of Righteous Pups, the phone rarely rang, and we had about ten dogs a day to train and care for. There was a lot of down time. What an irony compared to today, where it seems there are just not enough hours in the day to complete everything.

The staff would play a game of cricket during lunch and some of the dogs expressed loudly that they would like to learn how to play. It wasn't long before the dogs were doing all the fielding, most of the catching and wicket keeping. It was so much fun for us all, especially when the dogs would reluctantly give the ball back to the bowler to reset play in motion.

Then we had a group of young people who come to visit us for a day. They all had mobility issues, so cricket was complicated for them but not the way we played. Every one of those young people giggled, laughed, and threw themselves wholeheartedly into the game. The dogs did the rest.

What a perfect game of backyard cricket that would one day see our dogs play on the MCG during the warmup of a 20/20 game.

Embarrassingly, one of our best players was overwhelmed with the day and did a quick number 2 on the hallowed halls of the MCG! I have never seen a poo picked up so quickly to avoid a national incident. Most of our canine cricket players have since left our side, and we recently said goodbye to a legend of the team – Ribsy Roo! She was not a Labrador, but a kelpie x staffy who found herself embraced as a puppy by the Righteous Pups team. She quickly became a renowned member of the family, and it is with sad hearts that after almost 17 years of gracing us with her presence, we all said goodbye. Now, believe it or not, there is still one member of the team sharing this world – the beautiful chocolate Lab called Audrey! Ode to Ribsy and hurrah to Audrey – the legend lives on.



The Portable Playground Arrives!

At the end of every year we hold a Christmas fundraising campaign to raise funds for a very special project. Last Christmas we asked our tribe to help us raise \$19,075 and they did it!

It might seem weird that a charity organisation would spend that much money on play equipment for dogs but the power of play is significant!

In 2015, the University of Bristol conducted a study into the impact of play on dogs and found it is the key to well-being and the dogs who didn't engage in a good amount of play suffered from behavioural issues, like anxiety and aggression.

As an assistance dog trainer I have seen first hand the power of play, especially in puppies. Play is the space to teach confidence, courage, kindness, empathy and resilience.

Downunder Duck Derby Fundraiser

Saturday, 3 September 2022, will be the first Downunder Duck Derby fundraiser to raise vital money for the work of Righteous Pups. Adopt a yellow duck for \$10 or you can add some bling with a celebrity duck for \$100. Once you adopt your duck its time to register him/her in the race. You can do this by calling the Mama duck on 0439 618 706.

At 11am Saturday 3 September 2022, watch the race via a our livestream on the Righteous Pups Australia Facebook page or YouTube channel.

This is guaranteed not to be a superspreading event but watch out for those Labrador Retrievers who are determined to throw a spanner in the works!

The shenanigans are guaranteed to make you laugh or cry! First duck to finish will receive \$1,000 gift voucher to the store of your choice. The second duck will receive \$500 gift voucher and third duck home will be rewarded with \$250 gift voucher. Don't miss this opportunity to be part of another first for Righteous Pups.



Willie Nelson \$100	Daffy \$30.00	Wicked Witch \$100	Magic Dragon \$100	Lion \$100	Waddles \$60.00	Duckbusters \$100	Kat Everdeen \$100
Puddles \$80.00	Duckin \$100	Freddie Mercury \$100	QTEE \$100.00	Jack Sparrow \$100	Schwarzenegger \$100	Ariana Grande \$100	Aretha Franklin \$100
Bob Marley \$100	Springsteen \$100	Devil Duck \$100	Elton John \$100	Camo Quacker \$100	QUACKS \$90.00	Prince \$100	Qucklets \$110.00
Pinball Wizard \$100	Recycle Duck \$100	Yoda \$100	Pondy \$70.00	Mick Jagger \$100	Godfather \$100	Elvis Presley \$100	Marilyn Monroe \$100
OG Yellow Duck \$10.00	Daenerys T \$100	Cocoa Duck \$100	Bruno Mars \$100	Madonna \$100	Sargent Peppers \$100	Flock of Ducks \$50.00	Jurassic Duck \$100
101 Dalmations \$100	Le Tour de Duck \$100	Holy Smoker \$100	Longhorn \$100	Walter White \$100	Justice Ginsburg \$100	Gene Simmons \$100	Scarecrow \$100
Jake Blues \$100	Claire the Loon \$100	John Lennon \$100	Pair of Ducks \$20.00	Sammy Shark \$100	Dr. Spock \$100	Cher \$100	Quackruplets \$40.00
Walking Dead \$100	Dorothy \$100	Elwood Blues \$100	Mad Max \$100	Kramer \$100	Tin Man \$100	Lucille Ball \$100	Ginda \$100

Michael and Roselle - 9/11

Michael Hingson worked on the 78th floor office of the North Tower at the World Trade Centre. That was until 8.46 am when American Airlines Flight 11, flew into the tower a few floors above. The plane crashed through floors 93 through to 99. At the point of the collision, the Boeing 767 plane was travelling at a speed of 708 kph.

Michael didn't see the plane or the carnage, he just felt the building slant and then correct itself. He didn't see the crisis unfold because he was born blind. There were screams of fire, debris thrust everywhere, and people were running for the exits.

Although all this was going on

around him, Michael remained calm and so did his dog. Michael was blind and his guide dog, Roselle, just stood by his side waiting for his command. Michael and Roselle led the guests who were in his office, to the exit stairs. They then did another sweep of the office for any other survivors and led the way down 1463 steps to safety.

Michael, Roselle, a colleague and their five guests, made it out of the North Tower at 9.15am. Roselle then led Michael through the dust-filled streets of lower Manhattan and got him to the subway station, just as she had done every day.



Could you be one to help save a

If you are a person with Type 1 Diabetes, or someone without Diabetes – you can be involved in providing scent samples for the training of Diabetes Assistance Dogs!

In 2022., Righteous Pups has launched a Diabetes Assistance Dog program, to help people living with Type 1 Diabetes manage their blood glucose readings in real time. Technology has come a long way, but a canine's nose is still the fastest equipment to alert on a dangerously low reading or rapid drop in a reading. Additionally, they are trained to retrieve a testing kit, grab sugar source and alert another person.

The training of a Diabetes Assistance Dog requires a broad range of viable scent samples – of low blood glucose readings if you have Diabetes, or a general scent sample if you do not have Diabetes. Each dog needs to learn the difference between a low reading scent sample and a regular reading sample from a non-diabetic.

Can you help? Call Jenn Atkins 0413 416 247

“There are a million ways to be generous but every one permeates from the same heartbeat. The one that gives because of the joy they find in giving.”



DONATE TODAY

Text PUPS to 0400 662 662

We BRING Promise to Life

A few years ago, I got to meet an amazing family who were learning to live with Autism. I'll call their little four-year-old daughter, Abby. Abby experienced debilitating anxiety as part of how Autism manifest in her life. Abby's anxiety was so bad, she would physically lose the ability to walk in public. Not wouldn't but couldn't. As the anxiety rose, Abby would begin to peel the skin off her lips to mitigate her stress. Abby only felt safe at home- every other place was a trigger for trauma. That's absolutely no way for a four year old child to live! It was day three of placement training with Abby and her speciality trained assistance dog. We got to the mall

and asked Mum and Dad to put Abby down next to her dog. They were reluctant in the beginning but took a leap of faith and Abby walked with her assistance dog over an hour. There was one point where I saw Abby's anxiety rise and she stopped, and buried her head in her assistance dogs fur and reset and began to walk again.

What made the difference? A Righteous Pup who was specifically trained to help Abby and improve her quality of life. The difference a Righteous Pup can make is priceless but your financial support is vital because there are more children on our waiting list and they are desperate for change.

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”



Volunteering is good for everyone

At Righteous Pups, we know first-hand that volunteering is a vital part of healthy communities. Our volunteers help us to provide services to children and young people living with disabilities, disease and/ or mental health concerns, that would otherwise be impossible to deliver.

What is in it for You?

According to science, people who volunteer have a lower mortality rate than those who don't and that increases with age. Volunteering has

also shown a reduction in symptoms associated with chronic pain and heart disease. Volunteers have lower rates of depression and experience higher levels of self-esteem, greater sense of purpose and accomplishment. Happiness is increased as volunteering is increased.

Without a doubt, giving back is so important to you and your community. Why not give Righteous Pups a try? You can help with the dogs or in the office, and all are welcome.

Next Month Issues

- ✓ **Courthouse Dogs**
justice with empathy.
- ✓ **Bridging the Gaps**
at risk teens power up with paws on the ground.
- ✓ **Chicken School**
Chickens teaching dog trainers a thing or two.



Righteous Pups Australia Inc,

1174 Calder Alternative Highway,
Lockwood, Victoria, 3551
0439 618 706
bakerj@righteouspups.org.au
www.righteouspups.org.au

Our WHY: We Bring Promise to Life by Training CHAMPIONS who Launch HEROES.