



## CASTLE VETERINARY GROUP LTD

Pennygillam Way, Launceston, Cornwall, PL15 7ED

Tel: Pets 01566 772211; Farm 01566 772371

[www.castleveterinarygroup.co.uk](http://www.castleveterinarygroup.co.uk)

Monday – Friday 8.30am – 6.30pm; Saturday 8.30am – 3.00pm; Sunday closed.

24hr emergency in-house veterinary cover.

Consultations by appointment only.

### FEBRUARY 2017

#### Is Your Pet Overweight?



Just like people, pets need to eat the right diet and get enough exercise to stay fit and healthy. But as many of us know, it's not always easy! One in three dogs and one in four cats in the UK are now estimated to be overweight or obese. Check out our diet and exercise tips to ensure your pet is in tip-top shape.

Is your pet a healthy weight? The 1 minute check.... Checking your pet's shape is a better way to tell if they're carrying extra weight rather than relying on the scales alone. That's because the ideal weight is different for every type and breed – but a healthy shape is the same for all dogs, cats and rabbits. It's good to get into the habit of checking your pet's shape every few weeks, starting when they're young. That way, you'll know what's normal for your pet and your

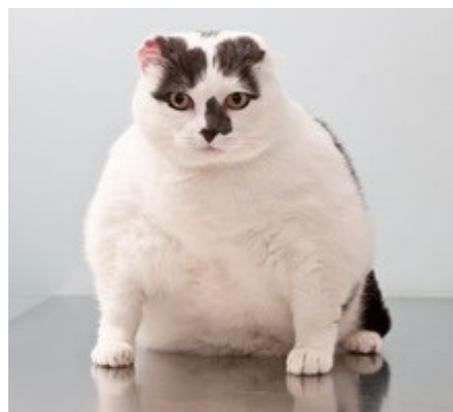
pet can get used to the process, and enjoy the extra attention!

PDSA Pet Fit Club is the UK's biggest and most successful pet slimming contest. Since its launch in 2005 over the last 12 years it has helped 78 dogs, 34 cats and 7 rabbits lose a total 68 stone 9lb—the equivalent of a grand piano or 192 Chihuahuas!

The competition is a six-month diet and exercise programme, tailored and overseen by expert PDSA vets and nurses. Every year we select up to 15 overweight dogs, cats and rabbits from across the UK to participate. Pet Fit Club participants receive free diet pet food for the duration of the competition. Owners can enter their pets online at

<https://www.pdsa.org.uk/get-involved/our-current-campaigns/pet-fit-club>

or by picking up an entry form from PDSA Pet Hospitals and Shops nationwide. The deadline for entries is Sunday 5 March, 2017. The overall Pet Fit Club Champ, crowned at the end of 2017, will win a year's free diet food and a pet friendly holiday.



Don't forget our nurses here at Castle Veterinary Group also run weight clinics throughout the week if you are concerned about your pet's weight — whether they are overweight or underweight. There is an initial sign-up fee of £10 to cover the cost of researching the nutritional and calorie content of your pet's daily intake including treats — you'd be surprised what these can add up to when you start taking note! The nurse will take time to work out a diet plan based on your pet's individual health and lifestyle and then give you regular support to help keep your pet on track to reach their ideal weight.

Please contact small animal reception on 01566 772211 or pop in for more information on these or other free nurse clinics available.

## Vetbooker Online Booking System

We have recently launched our online booking system. This will allow you to book appointments via your own Vetbooker account online. The site is mobile friendly so when you receive your reminder or remember you need to book in your pet, you can now easily do so this way. You can also use this to check and update your details so our contact records for you are always correct. Please note that Vetbooker does not store or use your personal information or contact you in any way other than information regarding your account

This service is currently only available for cats and dogs for routine appointments and you will need to have an active email address registered with us to be able to access this service. If you do, you should have recently received an email with the full details from us inviting you to set up a Vetbooker account. If you have not received this email and would like to enjoy extra benefits such as this service please contact the small animal reception and we can easily add your email address to our system. Providing us with your email address means we can also get in touch with you for other information such as reminders, our monthly newsletter, invitations to events, notification of special offers or important news updates. You can unsubscribe from receiving emails at any time by letting us know you wish to stop.

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## Staff Changes

We have had a few changes recently across the practice.

Small Animal Reception: Mandy, our small animal receptionist has retired after 19½ years working at Castle Vets! We wish her a happy and healthy retirement. Hannah Coppen has joined us and will be a familiar face to many of you as she previously worked at Pets at Home in Launceston.

Nurses: One of our qualified nurses, Tanya Watton, moved to work at veterinary specialists Exeter St Davids which we often use to refer our patients to for complicated orthopaedic surgery so we still keep in touch with her. Megan Woodgate a fully qualified veterinary nurse, and Jodie Woodward a second year nurse student, have since both joined our nursing team.

Vets: Mixed animal vet Becca Trewarman has left us to go travelling before settling at a new practice in the West Midlands. Her husband is also a vet and they will now be working closer to each other. Fionn Latoij, an experienced mixed animal vet, joined us at the beginning of January. Fionn has been working in Wales for the last three years and will now be finding his way round the Cornish countryside instead!

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## Fun Corner

With Valentines Day this month, below are the top ten romantic places in the world according to Tripadvisor. Can you guess them? Some are definitely more obvious than others!

1. Pa\_i\_ (France)
2. Pue\_\_o Va\_\_a\_\_a (Mexico)
3. Ve\_i\_e (Italy)
4. Ho\_o\_u\_u (USA)
5. A\_u\_a (Caribbean)
6. S\_a\_\_E\_S\_ei\_\_ (Egypt)
7. Ne\_O\_\_ea\_\_ (USA)
8. Ca\_\_e\_ (USA)
9. La\_Ve\_a\_ (USA)
10. P\_a\_a de\_Ca\_\_e\_ (Mexico)

