



# VIKING NEWSLETTER

CHRISTMAS 2015  
IN THIS EDITION:

LATEST GOSSIP  
AN UPDATE ON SENIOR CLINICS  
VIKING THROUGH THE YEAR  
SANTA WORD SEARCH





## Latest gossip

### Christmas Opening Hours

Sat 19<sup>th</sup> Dec – 8.30am – 12pm

Sun 20<sup>th</sup> Dec – CLOSED

Mon 21<sup>st</sup> Dec – 8am – 6.30pm

Tues 22<sup>nd</sup> Dec – 8am – 6.30pm

Wed 23<sup>rd</sup> Dec – 8am – 6.30pm

Thurs 24<sup>th</sup> Dec – 8am – 2pm

Fri 25<sup>th</sup> Dec – CLOSED

Sat 26<sup>th</sup> Dec – CLOSED

Sun 27<sup>th</sup> Dec – CLOSED

Mon 28<sup>th</sup> Dec – CLOSED

Tues 29<sup>th</sup> Dec – 8am – 6.30pm

Wed 30<sup>th</sup> Dec – 8am–6.30pm

Thurs 31<sup>st</sup> Dec – 8am – 2pm

Fri 1<sup>st</sup> Jan – CLOSED

Sat 2<sup>nd</sup> Jan – 8.30am – 12pm

As promised here is a photo of Emma and her husband on their wedding day! They were very lucky to have an amazing honeymoon travelling around Sri Lanka, visiting National Parks and an elephant orphanage before relaxing in the Maldives! We wish them every happiness for the future and are glad they enjoyed their special day.



We would like to welcome Larissa and Juliet to the Viking team. They will be staying with us for 6 months whilst working towards completing their veterinary nursing training. Juliet has 3 dogs at home called Rosie, Jasper and Bertie, and enjoys knitting and sewing in her spare time. Larissa enjoys zumba in her free time and has 2 dogs, Bella and Alfie, and a cat called Casper. Welcome to the team!

Look out for James in The Great Pottery Throw Down on BBC2, presented by Sara Cox. Good luck James, we can't wait to see how you do! If you'd like to hear more from James, why not check out his website at [www.crackthekiln.com](http://www.crackthekiln.com). You can catch the show on BBC 2 on Tuesday at 9pm.

Watch this space for exciting baby news! Both our nurses Jo and Eveleen are expecting in December and we can't wait to meet the little bundles of joy. We hope to have a photo of both proud mums in the next newsletter.





# An Update on Senior Clinics

On average, dogs are regarded as 'senior' from 7 years old. Generally speaking the larger the breed, the shorter the lifespan. And it is not unusual for cats to live into their late teens and even early twenties. A cat can be regarded as senior when it reaches 7 years old, and is considered geriatric once it reaches 12 years.

Being 'senior aware' and ready to spot the more common signs of age related health problems enables owners to act quickly and often slow these processes down. With prompt diagnosis and individually tailored treatment plans we can help to manage the problem, allowing your senior cat and dog a longer, more comfortable life



Cats are very complex creatures and often a subtle change in their behaviour is the only clue to an underlying health problem. Owners commonly mistake this as their cat just 'getting old'. However, it is important that we understand the changes going on in our senior cats so that we can spot signs to identify illness quickly and act accordingly.

## SO WHAT CAN YOU DO TO HELP YOUR SENIOR CAT/ DOG?

### Regular examinations with the vet

Preventative health clinics are crucial for your senior pet. By monitoring your pet's weight and giving them a physical examination we are able to spot subtle signs that may require further investigation. We can also offer a number of additional screening tests to check for various 'hidden' diseases. By running these tests we can identify problems early on and have a better chance of treating them.

**Blood test** – to check for kidney disease, liver disease and diabetes. Some of these conditions can be 'silent killers' such as chronic renal failure where the clinical signs may only appear very late in the course of the disease

**Urine test** – A simple quick in-house urine test can diagnose diabetes, urine infections and may indicate early kidney disease.

**Blood pressure monitoring** – high blood pressure can often be the first clue to an underlying condition that we need to investigate further. By spotting the high blood pressure early on, we are able to find and treat the underlying cause with greater success.

### Maintaining the annual booster vaccination

It is important to keep your pet up to date with its annual booster vaccinations as the immune system weakens with age and therefore they will be more susceptible to diseases.

### Offer a good quality senior pet food

A senior pet food has the correct balance of nutrients and calories to reflect the changing needs of a senior cat.





# Viking Through the Year

2015 has been a busy year at Viking with the completion of our Gold standard feline friendly practice, introduction of a new food range, new staff joining the team as well as lots of cat and dog shows!

We also updated our website, why not check it out at: [www.vikingvets.com/](http://www.vikingvets.com/) to keep up to date with the latest news and events. We would love to hear your feedback on what you think. We also have a range of you tube videos to help care for your pet, our favourite is the Viking Vets bloopers so why not check it out online!



We were very proud to be awarded Gold Standard in the Feline Friendly Practice scheme. Our dedicated cat waiting room and consulting room have been a big hit with our feline patients and help create a much calmer environment. We are very grateful to our clients for their patience during the renovation and hope everyone enjoys our new look practice!

Emma was kept busy studying for her certificate in Feline Friendly Nursing achieving a Distinction! This certificate looks at feline behaviour, nutrition, the cat friendly practice and essential care for the different life stages of the cat. This will help to provide the best care of our feline patients and keep clients up to date with the latest feline news.

We also introduced a new food range during February to go along with the renovation. We chose to go with Hill's Vet essentials range due to the dental care incorporated in the diet. They also offered a great loyalty scheme for clients as well as a wide range of prescription diets.

In March the Viking Vets team visited the Bristol and Wales Cat Rehoming Show. It was a great opportunity to speak to the public about our new facilities and see Bristol and Wales cat rescue in action! The event was a great success with 20 cats finding new homes! We also raised £60 for the rescue centre in our 'Find the Id chip in the tiger' competition.

The Viking Vets staff had a VIP tour of Secret World in May. This was a great opportunity for the team to see where the wildlife we refer is rehabilitated as well as meet the volunteers that help provide care for these animals.

In June we attended the Thornbury Cat show where Denise helped to vet the cats prior to the show. We also had a stand so members of the public could find out more about our feline friendly practice.

We also welcomed Larissa and Juliet to the nursing team. Both are thriving in their new job roles and have settled in well. We were sad to say goodbye to Becky and Rachel from our nursing team. After having her second child, Becky made the difficult





decision as she wanted to work closer to home so she could spend more time with her family and Rachel was given an amazing opportunity to further her rugby career. We wish them all the best for the future!



In September we held our annual dog show Hounds in The Grounds. We had 400 entries over the 10 dog classes and were very lucky with the weather yet again. £400 was raised which will be donated to charity! This year there was 11 commercial stands selling a range of items. We would also like to say a huge thank you to all the charities that came along, we had 14 in total including Greyhound rescue, Cinnamon trust, Secret world and many more! The undisputed 'Best in Show' was Mickey Hayes who was the individual winner of 2 separate competitions! Next year the event will be on Sunday 4th September, we look forward to seeing you there!

Maria has been keeping herself busy attending a mixture of dog shows this year. In January she attended DAWGS dog show and helped with the judging. She also helped to judge the FOSS dog show in August which was held at the Avon Riding Centre for the disabled! She is pleased to be a part in helping these events and charities and will most likely be attending a few more next year!

Viking vets also sponsored the book swap in October. This is an annual event organised by the book club Women Words Wine and is free to attend! The event raised an amazing £317 and was donated to Penny Brohn Cancer Care.

All the Viking staff donned their pink scrubs for 'Pink Week' in October to help raise money for Breast Cancer Awareness. This year staff members took it in turn to bake pink cakes which matched the pink colour scheme, and we also had a raffle to win a pink hamper to help raise funds for this amazing cause. We hope you enjoyed the cakes. Viking Vets donated £1 for every consultation and a total of £215.18 was raised so thank you for everyone's kind donations.

During December we will also be holding a Christmas raffle to raise money for Bristol and Wales Cat rescue. Raffle tickets will be available at reception. Prizes include a large bespoke hamper, a small hamper or a free booster vaccination for your pet. Good Luck!





# Santa Word Search

X U R S C T X B O J I W W I Y  
S O W X H O Q T O C N F F I Q  
L W K T I Y M T Q O A S F D Q  
R F F B M S E Q A I U C Y Z B  
V E K Y N S R S R H S O H L K  
K Y I V E X L I U L G Q Q C C  
T H C N Y U E E L U G I S K I  
M D C E D S K E D X H E E Z N  
J O L L Y E B U G C V E O L T  
F U O J D H E H P L O D U R S  
Z E U C G T D R E N K O W X Q  
W F I I G Q J Z G E H W C M D  
D X E L O Y P J H I W K X Z Y  
N L N O R T H P O L E O S L Z  
S T Y R V U D M Q A W K U Z A

Chimney	Rudolph
Elves	Sled
Fairies	Sleigh
Jolly	Sleigh Bells
North Pole	St. Nick
Reindeer	Toys



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*We would like to wish all our clients and their  
pets a very merry Christmas and a happy new  
year!!*