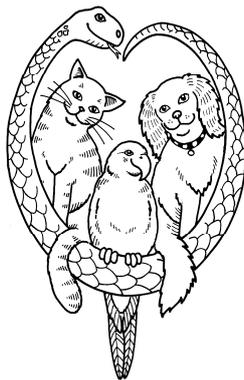


1985

25

LAWTON AND STOAKES



2010

YEARS

NEWSLETTER AUTUMN 2010
SPECIAL EDITION

On 23rd October 1985 Lawton and Stoakes opened the door to care for pets in Harold Wood and beyond. The surgery was originally 12 Fitzilian Avenue which had been Lawson's the family butcher for many years.



Fitzilian Avenue c 1920 from "Havering Village to Harold Wood" by Chris Saltmarsh and Norma Jennings

There have been many changes to our premises over the years as we expanded first to the rear of number 12 and then into the neighbouring 8 and 10. The practice now boasts a new dedicated operating theatre an imaging room

(radiography and endoscopy and ultrasound) and separate dog, cat and exotic recovery rooms as well as a spacious and light waiting room and 3 consulting rooms.

The premises may have changed but the aims of the partners haven't. We set out to provide the best possible care to our patients and this remains our aim today.

We achieve this by staying up to date with the latest developments in Veterinary Medicine and we take pride in our nursing and reception staff some of whom have been with us for many years. All of them do a tremendous job helping our clients and animals feel at ease through what can be stressful times.



Surgery Front in 2004

We look forward to new and exciting opportunities in the future to continue to pursue our aims and help more people in the local and wider community.

Staff

Veterinary Surgeons

Martin Lawton *B.Vet.Med. Cert. LAS: C. Biol: MSB:D. Zoo Med (Reptilian): FRCVS*

Lynne Stoakes *B.Vet.Med. MRCVS*

Receptionists

Paula Smith

Julie Austin

Joanne Cross

Veterinary Nurses

Fiona Gorden *VN*

Kelly Adams *RVN*

Student Veterinary Nurses

Jamie Biggs (2nd Year)

Helen Whitworth (1st Year)

Other notable
Silver Anniversaries

- BACK TO THE FUTURE**
- MICROSOFT EXCEL**
- AIRBAGS**
- EASTENDERS**
- SIMPLY RED**
- MICHAEL JACKSON'S THRILLER**
- MARIO BROTHERS!**

STAFF AND THEIR PETS



Martin Lawton FRCVS. When Martin gets the opportunity to relax the dogs are never far away! Here Sabrina the Miniature Schnauzer, who is an expert in relaxation shows him how it's done!

Lynne Stoakes MRCVS. My love of tortoises began when we opened the practice and I now have 18 tortoises of different species. Here are my 3 Sulcatas who are all about 14 years old. They were less than 100g each when I got them and now I cannot weigh the big ones as they are too heavy to lift!!



Midge Smith belongs to **Paula our receptionist.** She is 12 years old and can be very stubborn. She is on a calorie controlled diet to keep her waistline trim as she is a bit of a foodie!!

Julie Austen Receptionist and Gunner. Gunner is a Staffordshire Bull terrier and despite his looks he is a real baby....especially if he has to come to see the Vet!



Joanne Cross Receptionist. Joanne is between pets right now but will soon be looking for a cat or dog in need of a loving home.

Blackie and Sandie the guinea pigs belong to **Fiona Gordon VN Head Nurse.** Here they are enjoying a bite to eat on her daughters lap.



Kelly Adams RVN and two furry Chinchillas. Kelly is very fond of "small furrries" and also keeps rabbits.

Jamie Biggs 2nd Year Trainee nurse. This is my Bearded Dragon called Irwin (named after Steve)! He is 3 and a half years old and came to me as a rescue. His left hind leg needed to be amputated due to a bad injury he came to me with, although he can run just as fast with 3 legs, and still manages to catch his crickets with no problems at all!



Helen Whitworth 1st Year Trainee nurse. Although Helen doesn't have any pets at home that doesn't stop her caring for animals and she regularly volunteers at a local animal sanctuary.

Fleas and Ticks



Thanks to the changing climate fleas and ticks can still be active into the winter months. You can prevent your pet being troubled by these parasites by treating them regularly with prescription

strength

anti-parasite preparations available from your vet.

No longer does this require an aerosol spray as would be the case 25 years ago but now much more convenient spot on products are available just ask our receptionists for advice.



Pet insurance

With the country facing the economic crisis many people have opted not to renew their pet insurance policies, this has led to some clients finding themselves faced with unexpected vet bills at a time when income is low.



We are not permitted under the regulations of the FSA to discuss individual insurance policies, however we would like to remind our clients of the benefits of pet insurance.

Having pet insurance gives you the peace of mind that should your pet fall ill or have an accident you can still afford the best treatment for them.

It is important to check the policy carefully before entering into a contract as changing companies later may be fraught with problems. Not all policies are equal and you need to be sure that you have adequate cover for your pet.

If you are unsure of the benefits of Pet Insurance please ask at reception and we will be pleased to give you some general advice.

Choosing the right pet for your family

It is important when you buy a pet that you consider how it will fit in with your family. Here are some points to consider:



How much will it cost?

There is not just the purchase price to consider but like with running a car there are ongoing costs such as feeding, housing, and of course veterinary bills should be taken into account.



How much time do I have to spare?

A large dog is going to require frequent long walks and other species are social animals and should not be left alone for long periods such as birds.



How much training will it require?

Dogs and birds particularly require a commitment from all family members to training to ensure their good behaviour and to enrich their lives with mental stimulation.



Do I know enough about its requirements?

This is particularly important when considering a reptile patient as their health is so interconnected with their immediate environment. Rabbits and other herbivores need access to grass for good digestive health.



Do I have enough space for it?

Animals kept in too confined a space will suffer stress and this will impact on their health. Consider whether you have room for an aviary for example to allow birds freedom to fly or a garden for a tortoise to roam in.



Can I make provision for its protection?

Outside pets such as guinea pigs, rabbits and chickens can be preyed upon by foxes and require strong enclosures. Tortoises are not just prone to 4 legged predators but thefts have been reported so security is important.

It is a well known fact that owning a pet is good for your health and can be a rewarding pastime for both adults and children providing you do a little research first before you buy!

WHAT'S NEW?

The Dog Recovery Room has had a make over with newly painted walls to match the rest of the surgery and new lighting making a bright and airy space for our nurses to monitor your pets. The two walk in kennels pictured at the end have tiled walls for ease of cleaning and improved hygiene.

Other areas of the surgery have also had a "face lift" and we thank our clients for their patience while this work was carried out.



ALL CHANGE IN NURSE TRAINING

Lawton and Stoakes has been a veterinary nurse training practice for many years and over the years the process of training Nurses has changed considerably. In the 1990's Veterinary Nurse training consisted of a small green book that contained a list of tasks that had to be carried out. The veterinary surgeon signed the book when a task had been completed. The Nursing exam consisted of a short answer paper, a multiple choice paper and a practical exam. Passing this exam lead to the qualification of RANA (Registered Animal Nursing Auxiliary) as the title Nurse was protected by law. This did not legally allow the bearer any greater responsibility for nursing any patient as this was solely the responsibility of the veterinary surgeon. In 1984 the title changed to VN (Veterinary Nurse) and with the introduction of their own governing body it has changed more recently to



RVN (Registered Veterinary Nurse). The nurses' role within the practice has also changed with more responsibility for the nursing care of inpatients, administration of medicines, assisting with surgery and anaesthetics and undertaking minor surgical procedures all under the guidance of the Veterinary Surgeon who maintains the ultimate responsibility for the patient's care. They are also responsible for helping to train the student Veterinary nurses.

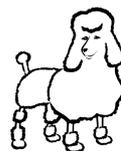
The training today consists one day per week at a college for learning the theory and experience of the practical aspects whilst working at a Veterinary practice. The experience is now logged on an online Progress Log and procedures are recorded until the veterinary surgeon records when they feel the student is competent at the task. This is accompanied by multiple choice papers now taken at Driving test centres and a practical exam after two years training.

We are very proud of our nursing team and all the work they do behind the scenes to ensure your pets have the best care possible.

KIDS CORNER

There were no winners of last issue's Kids Corner so we are running it again this quarter with a **double prize of £30** . Can you untangle the words below and find the animals in the list?

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



RABBIT
PERSIAN
PARROT
CHINCHILLA
GOLDFISH
SNAKE
POODLE
TARANTULA
GUINEA PIG
BUDGERIGAR



EXOTIC SPOT

SULCATA TORTOISE *Geochelone sulcata*

Sulcatas are found in the wild in the southern Sahara desert. The terrain they live in is harsh, scrub land and the climate is very hot and dry. Day time temperatures often reach 35-40C and night time temperatures can drop quite dramatically and at certain times of the year external temperatures may drop as low as freezing so they spend much of their time below ground in large excavated burrows where the constant micro climate protects



Adult male Sulcatas fighting

them. The average male length is 60cm, weight 40-50kg and average female length is 40cm, weight 30-40kg.

They are light brown in colour with two large spurs on each thigh (hence the name African spurred tortoises). They have strong, sturdy legs, the front ones are very powerful with thick toenails. The legs are also covered in heavy bony scales as a protection from predators and an aid for burrowing. Adult males are very competitive and use the forked plastron (underside shell) for combat and courtship battles and these tortoises are generally quite aggressive.

Juveniles will require an indoor environment with good source of UVB lighting and adequate space. Sulcatas are very lively tortoises and need a large interesting environment to keep them occupied. A pen for an average size pair of Sulcatas should be at least 10 metres square with access to a fully insulated heated shed no less than 4m x



2m. This needs to be very robust as these animals are very strong. Sulcatas do not hibernate and during the winter months these



FIREWORKS ARE WITH US ONCE AGAIN!

Please make sure your pets are safe at this time of year.

If your pet has a noise phobia they may benefit from medication to calm them or ask us about other methods of getting your pet over this noisy time.

Have fun but be safe!

animals will reside mainly within their heated shed. The air temperature within the shed must not be allowed to drop below 21C (70F). Hot spot temperatures during the day must be kept above 30C. This can be an expensive business and must be taken into consideration before buying. These animals are strictly herbivorous and mainly feed on grasses. In captivity they should be fed on assorted meadow grasses and edible weeds such as dandelions, clover, sow thistles and plantain. Never feed fruit or meat to sulcatas. The use of hay during winter months is very beneficial. Water must be available at all times, and must be kept clean. Calcium supplements are very important for these tortoises which reach massive proportions. These tortoises do not make a good pet for inexperienced reptile keepers. Please consider whether you have the necessary room before purchasing one. If unsure please ask us for advice!



Kelly Adams receiving her Certificate in Veterinary Nursing from the RCVS President. Kelly passed her Nursing Exams in March this year after studying and working hard for two years and is now a Registered Veterinary Nurse. We are all very proud of her and I'm sure you will want to join us in congratulating Kelly on her success!

SURGERY CONSULTATION TIMES:-

**MON-FRI 9-11AM
12-1PM
4-7PM**

SAT 11-5PM

Consultations are by appointment

**8-12 Fitzilian Avenue
Harold Wood
Essex RM3 0QS**

**Telephone:- 01708 384444
Fax:- 0845 0518773
Www. Vets.uk.net**

Hibernation tips for tortoises

October is the time that many Mediterranean tortoises start to slow down in preparation for hibernation. You can help them have a successful hibernation by making sure they are healthy prior to cooling down. We offer pre hibernation health checks for tortoises. It is important that your tortoise has an empty gut before settling down for the winter and this usually takes about 4 weeks. They do however need fluid and so tepid baths are recommended daily in the pre hibernation period.

Traditionally the tortoise is placed in a small box with insulating material such as shredded paper. This small box is placed within a larger box with a layer of insulating material between the two. The whole is placed in a cool area such as an outbuilding which will remain frost free over the winter. The ideal temperature is between 5-10⁰C.

Recently it has become popular to hibernate tortoises within a fridge or wine cooler. A hibernation period of no more than 12 weeks is recommended.

Not sure how whether you should be hibernating your tortoise?

Ask our receptionists for our HIBERNATION LEAFLET, alternatively make appointment with the Vet to discuss your concerns.



Afternoon Tea/Coffee



To Celebrate our Silver Anniversary Lawton and Stoakes are inviting you to come along to the surgery and meet the staff and find out what are able to offer to our patients and their owners. There will be free refreshments and displays and a kids colouring competition with prizes to be won. So put the date in your diary:-

**21st November
2pm-4pm**

**Commemorative
Pens and Teddies**

To celebrate our 25th Year Lawton and Stoakes are giving away special commemorative pens and Teddies with their own T shirts which bear the Lawton and Stoakes Logo. Be sure to pick them up free at your next visit!