

Spring 2008 (second edition)

Hillside Animal Sanctuary



Exciting news about our new farm . . .



Hillside ANIMAL AND SHIRE HORSE SANCTUARY

Come and meet our rescued animals including
all the heavy horses from the former
'Norfolk Shire Horse Centre'

at
West
Runton



- Children's Play and Activity Areas
- Indoor Area for Wet Weather
- Blacksmith and Shire Horse Demonstrations on some days
- Souvenir Gift Shop
- 'Animal Friendly' Café



FARMING BYGONES MUSEUM

Take a nostalgic trip into the past to see the farming ways of yesteryear with our extensive Countryside Collection of Carts, Wagons, Caravans and Farm Machinery

www.hillside.org.uk
Tel: 01603 736200



The Sanctuary is open daily from 10.00am - 5.00pm

from Sunday 16th March
until Sunday 2nd November

March, April and May -
closed Fridays and Saturdays
(open Good Friday, Easter Saturday,
Sunday and Monday)

June, July and August -
closed Saturdays only

September and October -
closed Fridays and Saturdays

ADMISSION: Adults £5.95

Senior Citizens £4.95

Children £3.95

Children three and under - FREE

Dogs welcome on a lead

You can find us at the former Norfolk Shire Horse Centre at West Runton. Follow the Brown signs 'Shire Horse Centre' off the A149 Cromer to Sheringham Road. Both Anglia Railways and Coastliner Bus Services stop at West Runton.

GPS Address: City, Town, Village **WEST RUNTON NR27 9QH** • Satellite Navigation: Street or Road **SANDY LANE House No. 2**

FREE CAR & COACH PARK - DISABLED TOILET AND WHEELCHAIR ACCESS TO MOST AREAS



*Jasper, Rambo
and McTavish
with Mark at
Hillside Animal
and Shire Horse
Sanctuary at
West Runton*

Lots of other animals too . . .



Rascal with Rita the miniature donkey

As well as all the heavy horses we were pleased to give a permanent home to all the other animals who were in residence at West Runton when we took over. This includes ponies and donkeys, pigs, goats, sheep, rabbits and all sorts of aviary birds and all sorts of poultry.

Daisy, a lone Dexter cow, whose mother had sadly died last year was really grateful to welcome Bluebell, Pixie and Lucky arriving from Frettenham to keep her company.

Our café

One of the features we were particularly delighted with when we took over 'The Norfolk Shire Horse Centre' was the café. We saw an excellent opportunity to provide our visitors with a wider range of animal-friendly fayre. Here we will be able to show that delicious food doesn't have to originate from animals or contain any animal ingredients!

We aim to offer a selection of sandwiches, rolls, cakes and hot snacks as well as hot and cold drinks and dairy-free ice cream. We also have an outside picnic area for our visitors to enjoy when the weather is favourable.



Riding for the Disabled

At West Runton we are pleased to have the opportunity of joining forces with the RDA by providing a therapeutic facility in the area for the benefit of disabled adults and children. The RDA, who has a dedicated team of volunteers to assist and lead the horses, feels the experience that the individuals gain through contact with horses and ponies, creates a greater sense of achievement and confidence. This in turn makes their lives easier and more fulfilled. Our horses and ponies, who will only be asked to walk out gently for short periods of time, are pleased to help with such a worthy cause.



Riders and ponies enjoying a gentle walk out at West Runton



Farming Bygones Museum

The former owners of 'The Norfolk Shire Horse Centre' had gathered an amazing collection of farming bygones showing how horses were used in days gone by. We would like to thank Mr and Mrs Bakewell for kindly lending their extensive museum collection to the Sanctuary for the interest of our visitors.

Where to find your adopted animal on Open Days

In 2008 you will be able to visit your adopted animals and their friends at West Runton (except for Dennis the donkey, Felicity pot-bellied pig and Alice the camel who will continue to live at our main farm at Frettenham with her alpaca companions, Inti and Lupi). **Open Days at Frettenham will be 1-5pm on Sundays 20th July, 17th August, 21st September and 12th October.**

Please see page two for Open Day information at West Runton. **Please note that Hillside's main Sanctuary and Office Address will remain at Hill Top Farm, Hall Lane,**



Picture that!
DROP THAT CHILD! Is this horse having a working lunch? The photo was taken at the Shire Horse Centre in Norfolk.

We promise to feed *our* animals a strictly veggie diet!!

Please consider a gift to Hillside by Standing Order . . .

Just **£3** a month will help provide us with regular funding to ensure continuous care for the animals in our Sanctuary, as well as helping us to campaign for animals in need. If you would like to make a regular donation please fill in this form and *return to us*. To adopt an animal by Standing Order, please fill in both the **Adoption Form** on page 16 and the **Standing Order Form** below, and *return both forms to us*.

Thank you for caring . . .

Standing Order Form

Bank Name _____
 Bank Address _____
 _____ Postcode _____

Please pay Hillside Animal Sanctuary Ltd
 A/C No 70560088 Sort Code 08-90-14
 The Co-operative Bank, 69 London Street, Norwich NR2 1HL
 £_____ on the _____ day of _____ 200__
 and afterwards on the same day each
MONTH/QUARTER/YEAR until further notice
(please delete as appropriate)

My Name _____
 My Address _____
 _____ Postcode _____

My Account No. _____ Sort Code

My Sanctuary No:
 5

This Standing Order is for: **Donation**
(please tick as appropriate) **Adoption**
Both

Signature _____ Date _____

Please send to:
 Hillside Animal Sanctuary, Hall Lane, Frettenham, Norwich NR12 7LT





Saved from France

A few days before Christmas we gave sanctuary to five donkeys who had been rescued in France. They had been destined for an Italian slaughterhouse from where they would have been processed for human consumption!

Included in the group is a donkey mare, Dancer, with her foal, Prancer and our vet has confirmed that Dancer is in foal again. We are expecting the happy event in the Spring. To prevent any further patter of tiny hooves, the boys have of course, now had their little 'op!

In keeping with the time of year the donkeys were rescued, we have named them all after Father Christmas's reindeer.



You may meet Dancer, Prancer, Dasher, Cupid, Blitzen and 'baby donkey' (if arrived) on an Open Day at our new Sanctuary at West Runton in Norfolk



Rescued to be free - a recently arrived battery hen at Hillside making friends with a former rescued 'caged' bird.

Free-range eggs . . . are they all they're cracked up to be?

One of the first issues I covered back in 1995, when I founded Hillside was the plight of battery hens to make the general public aware of the horrors of factory farming. I produced a leaflet highlighting this and encouraged readers to boycott battery eggs and buy 'free-range'.

However, over the years, we have carried out numerous investigations and obtained undisputable filmed evidence proving there is much animal suffering in both battery AND free-range units. Therefore, we can no longer recommend the latter.

In all walks of life there are scams and never more so than in the meat and egg industry. We've often had reports of battery eggs being passed off as free-range. After one such tip-off our investigator followed, under the cover of darkness, a consignment of eggs being transported from a battery farm to a 'free-range' outlet which was displaying a few free-ranging hens to gain the public's 'confidence'!

Only in January our Secretary visited a Norfolk farm shop and found battery eggs being sold as 'free-range'. The tell-tale signs of this was the code **3UK** printed on the offending produce. Most general public are not aware of the significance of these codes,

which we have shown below. We applaud celebrity chefs Hugh Fearnley-Whittingstall and Jamie Oliver for highlighting, in their Channel Four programmes in January, the unacceptable conditions that broiler chickens and battery hens have to endure in order to 'feed the nation'. However, having looked at scores of battery, broiler and free-range units in different parts of the country, I felt that the chefs' presentation of these, including the free-range aspect, painted an unrealistically rosy picture. Of course I understand that that was probably all they were permitted to show! I couldn't believe my eyes when I saw the portrayal of the RSPCA's Freedom Food approved chicken farm. Only in our Winter 2007 newsletter we reported: *'Between 2000 and 2007 we have randomly looked at 20 Freedom Food farms. Conditions on seven of the farms investigated were so atrocious that six of the farms were featured on BBC1's 'Watchdog,' on ITV1's 'Tonight with Trevor McDonald' and on Channel 4's 'Dispatches'. Two of these investigations resulted in the RSPCA taking out prosecutions against Freedom Food-approved farms. These represent one third of Freedom Foods farms, which have been visited by Hillside.'*

Following our farm animal investigations, we would not be happy to say that any animal product is available without cruelty. It is our opinion that it is impossible to obtain one hundred percent humanely produced food from animals. Over the years we have witnessed the misery and pain, both mental and physical, that farm animals have to endure in order for meat, eggs and dairy products to be put on our tables. Even for hens in the rare well-looked-after free-range flock, there still remains an element of cruelty which follows at the end of the laying hen's life when, at around eighteen months or so, she is deemed no longer commercially viable and sent off to endure the traumas of the slaughterhouse where she will be killed for stock cubes, soups or pies.



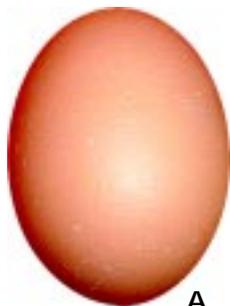
Egg-laying hens on an RSPCA 'monitored' Freedom Food farm

One of these eggs is free-range and the other is produced from a battery hen. Can YOU tell the difference? (Answer on page 12)

In our October Newsletter we mentioned that some Quorn products contain battery eggs. Although this was the case in the past, Marlow Foods have told us that they now use free-range eggs in all their Quorn products.

If you would like to see Quorn made without eggs, please write to them and let them know:

**Consumer Care, Marlow Foods Ltd,
Station Road, Stokesley, N Yorks, TS9 7AB.**



A



B

UK Egg Codes . . .

0 = Organic

1 = Free-range

2 = Barn

3 = Battery

xx = Country of origin

123 = Producer/farm ID

i.e. 3UK = UK Battery eggs

Gressingham Foods' turkeys . . .



Live turkeys on a Gressingham Foods' Farm

Just two weeks before turkeys, ducks and geese on poultry farms belonging to Gressingham Foods were at the centre of the news about the highly pathogenic H5N1 strain of Avian Influenza last November, we filmed turkeys suffering on another Gressingham Foods' farm. Our aim when we uncover such conditions, (which unfortunately we do on a regular basis,) is to show the general public just what *is* going on behind the closed doors of the intensive factory farming industry. So, in December, we were greatly encouraged when the Daily Mail took up our story . . .



Further cruelty filmed at Bernard Matthews . . . the conclusion!



Last year we reported . . .

'Following our filmed evidence of Bernard Matthews' workers kicking and 'playing baseball' with live turkeys, which led to the prosecution of two offenders, in June 2007 we were again able to film another Bernard Matthews' employee kicking the birds as they were about to be caught for slaughter. Our footage of this latest incident was widely reported in the media and the RSPCA have told us that they are taking steps to prosecute the worker.'

. . . the outcome . . .

despite these assurances from the RSPCA that the worker would be brought to justice for systematically kicking the birds, **he was let off with a caution!**

The evidence can be viewed on our website - www.hillside.org.uk

Amersham horses

We were shocked to hear of the suffering and dreadful conditions that horses, ponies and donkeys were enduring in the recent much publicised cruelty case near Amersham. However, we were more shocked when local residents living near the scene, contacted us to say that they had personally reported the neglect to the very organisations that had been involved in the 'rescue' **up to three years** before hand!

The public were outraged at such alarming cruelty of equines, but our investigations uncover cruelty on this scale time and time again. Although of course we do rescue horses, ponies and donkeys (we have over 200) our irrefutable evidence mainly shows the pitiful existence of animals farmed for food. Just one example of this was the case of ducks on an RSPCA's own Freedom Food monitored farm where we found crippled and blind birds, and others that had obviously been left suffering and dying for days. A recent case concerning sheep where we strived to obtain justice is highlighted on the following page . . .



Horses are finally removed from the squalor of Spindles Farm near Amersham



No action was forthcoming following our report of emaciated, dying and dead sheep . . .

Sheep Suffering Continues . . .

Last Autumn we began to keep an eye on a flock of two hundred sheep as some appeared to be losing condition. We continued to monitor them and in October, with lack of grass and without supplementary feeding, many of the sheep were becoming worryingly underweight. We were about to report them when the only bale of hay they were to receive appeared on the field. Although we knew this would not provide enough nourishment for those already seriously underweight, past



One dead and one dying!

experience told us that because some sort of fodder had been provided, the RSPCA could take no action. When that supply was gone and they were only being thrown a few rotten potatoes, we reported the case to the RSPCA. Even though we told them that we had now found some dying (and even discovered decaying carcasses littering an

adjoining field), it was some days before the RSPCA attended. The only action they took was to leave a note asking the owner to contact them! A pointless exercise aimed at a farmer who obviously wasn't regularly attending his animals! However, this only further reinforced our belief of just how hard it is to obtain appropriate action when it comes to the welfare of farm animals.

A few days after the visit, when it seemed that conditions weren't improving and the animals *still* weren't receiving food, (apart from the grass nuts that we were discreetly giving them), we contacted the Society again and asked why emaciated animals were still being left to starve. (*All the pictures shown here were taken at the time of our report.*) A high-ranking officer questioned our opinion about their condition and told us that if one of his staff had left emaciated animals on a field they wouldn't be working for the RSPCA much longer! This second call to their office prompted them to return, this time with a vet. We were later disappointed to learn that this professional person had refused to declare the sheep emaciated so the Society could not prosecute. However, the owner was told to move the sheep to better pastures and although the RSPCA wouldn't tell us where the animals had been taken, they did say that they would be 'monitoring, the situation.

The following is the opinion of an independent vet whom we have since asked to view our Autumn 2007 footage:

Veterinary report on the content of the DVD provided 15th February 2008 . . .

'All the comments and observations below are based on the footage I have viewed. I have not physically examined any of the animals on the video footage, nor have I visited the site where the footage was taken. The footage showed several sheep in a field. Not all of the sheep in the field are viewed in close detail, but several are. Those that are seen have a poor body condition score (1/5). There are several mildly lame sheep, and one animal has a 10/10 non weight bearing lameness of the right pelvic limb. There are also pictures of dead sheep in the same field. The condition of the animals seen are outwith the current DEFRA code of recommendations, for the welfare of livestock (sheep).

Assuming the footage is a true representation of the situation at the time, and the animals were not being treated by or had been examined by a veterinary surgeon; then I am of the opinion that had I inspected the animals at the time I would have been prepared to support a prosecution of the owner/keeper of the animals under both section 9 (Duty to ensure welfare) and section 4 (unnecessary suffering) of the Animal Welfare Act 2006.'

Graham E Codd Bsc BVSc Cert SAS MRCVS

Tom's Story

We had followed the case of these animals and wanted to know the outcome. Had they really been moved to a better field, been slaughtered, or just continued to die off? In January 2008 we finally managed to locate the owner and found the remaining sheep in a field a few miles away. Their condition hadn't improved at all. We legally acquired the nine remaining animals and when rescued, two were so weak they had to be carried to and from the transporter. Our vet attended them and after noting the ear tag numbers reported:

'I was asked to body condition score 9 sheep for Hillside Animal Sanctuary on the afternoon of 25th January 2008. I found all 9 animals to be seriously underweight and each had a body condition score less than 1 out of 5.'
Tom Hume BVetMed MRCVS



Over the years we have brought numerous cases of severe farm animal suffering to the different authorities' attention - the RSPCA, Trading Standards and DEFRA with only the rare prosecution ensuing. The case of these sheep is just one example of inaction. Long-term supporters will no doubt recall other similar cases we have reported in past newsletters, with supporting evidence on video and DVD, where no one has been brought to justice.

This case has forced us to 'take the law into our own hands'. Our staff are presently taking advice and receiving training to help us work towards presenting solid evidence in order to gain successful prosecutions. We know this will be a costly exercise but because other authorities mostly fail to enforce animal welfare laws when it comes to farm animals, we seem to be left with no other option.

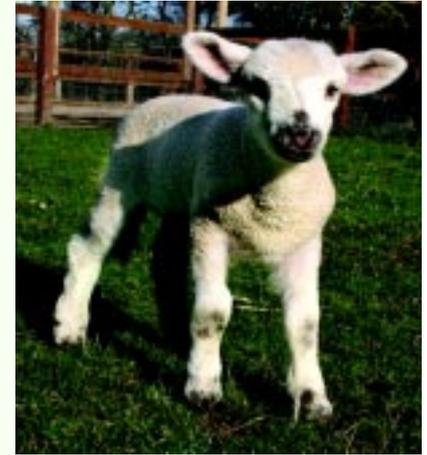


After two days one of the heavily pregnant ewes, who was unable to stand unaided, had organ failure and sadly our only option was to humanely euthanise her. Because the ewe had been so close to giving birth our vet acted quickly and successfully saved her lamb. (See *Tom's Story* right)

On Christmas Day on another farm . . .



. . . we went to the help of this paralysed ewe who had been left to drag herself around in deep mud. Her droppings consisted of just dirt which indicated that that was all she was able to eat. Our investigator came across her while monitoring the awful conditions that her flock had to endure while the farmer was probably tucking into his Christmas dinner! Lamb has been advertised as 'The Food of Love'!



Tom's mother was one of nine rescued sheep and although close to lambing sadly, she had to be put to sleep after her organs failed due to her emaciated condition.



Tom, named after the vet who saved him, being dried following an urgent operation to remove him from his dead mother.



To recuperate he spent much time indoors making himself at home!



Spending time with another ewe and her lamb who both luckily survived their harrowing ordeal. (Please see previous page)



Hill Top Farm
Hall Lane Frettenham
Norwich NR12 7LT

☎ 01603 736200

e-mail: contact@hillside.org.uk
www.hillside.org.uk

Founder: Wendy Valentine

Patron: Martin Shaw

Front cover: - Shire horses at West Runton

Hillside Holidays by the Sea



Following our exciting news (see page 3) from Easter 2008 we're reintroducing self-catering holidays at our new farm at West Runton, situated on the North Norfolk coast. Surrounded by our rescued animals and close to the sea, the accommodation offers a very special holiday location for our supporters.

If this appeals to you, please write or phone 01603 736200 for further details including dates available and tariffs or visit www.hillside.org.uk

A Legacy for Life

If you would like to secure Hillside's future, helping and campaigning for animals in need, please consider a legacy to Hillside Animal Sanctuary, so that your ideals may continue to live on through our work.

Thank you for caring



Recently rescued animals . . .



Red - an ex-racehorse who had been passed from owner to owner because nobody could stay on his back.



Africa (named after his markings) - wouldn't be caught and was left behind when his companions were sent for slaughter.

Have you moved?



If you have moved please be sure to let us know your **OLD** address as well as your **NEW** address. Also, please let us know if any other Hillside supporters at your address have also moved. Thank you.

Hillside Gold, Foreign Coin & Mobile Phone Appeal

To raise funds we are always very grateful to receive items of scrap or broken gold jewellery.

If you have just come back from a foreign holiday with a pocketful of loose change or notes you don't know what to do with, these too can help us to feed and care for our rescued animals.

We would also be grateful to receive **clean sheets and towelling** to use for our animals.

Please send us your **used printer cartridges with a copper strip** as these can be recycled to raise £1 each for Hillside!

We can even raise £3 each from your old Mobile Phones - please send them to us!! Thank you



Save yourself money while raising funds for our animals . . .



Phone

Dear Supporter

I am writing to let you know about an innovative scheme to help raise funds for Hillside Animal Sanctuary. By participating in this fund raising initiative you will be saving money as well as raising funds for our rescued animals.

The scheme is run by a company called the Utility Warehouse Discount Club, which is part of Telecom *plus* PLC, one of the UK's leading public companies. They provide over 200,000 UK homes and businesses with everyday utilities such as phone, internet, mobile phone and electricity and gas. They can save you money on these services compared to most other suppliers, and what's also great is that they put all your utilities on one clear and convenient monthly bill. How many utilities you take up with this scheme is entirely up to you.



Mobile

I thought you might like to know that I was the first person at Hillside to try out the scheme and I was extremely impressed how, with just one short phone call to a very polite and helpful person at Utility Warehouse's UK based call centre, I was able to easily reorganise my own utility services whilst saving money. They were able to quote unit prices below those that I was currently paying with a small percentage still going to support Hillside. This means that I'm making a donation to help our rescued animals every time I boil a kettle, pick up the phone or go online.



Internet

When you join Utility Warehouse they will donate a small percentage of your monthly bill to us, for as long as you remain a customer. I'm sure you can appreciate what a significant and reliable income this will generate, especially if all of us take part.

Joining the scheme is easy. Call the Utility Warehouse on freephone 0800 1313000 and they will talk you through the process. You'll need to give them our appeal number – **B13013** to make sure your ongoing donation comes to us. Then they take care of everything. Nothing changes at your home – you get the same gas and electricity in the same pipes and wires – but you'll be raising money for us whenever you use the phone, or make a cup of tea!



Electricity

This is a great scheme which I hope you will join. You'll save money and it could make a huge difference to Hillside at the same time, so please call **0800 1313000**, quoting our appeal number – **B13013** – today!

Thank you for your kind support

Wendy Valentine

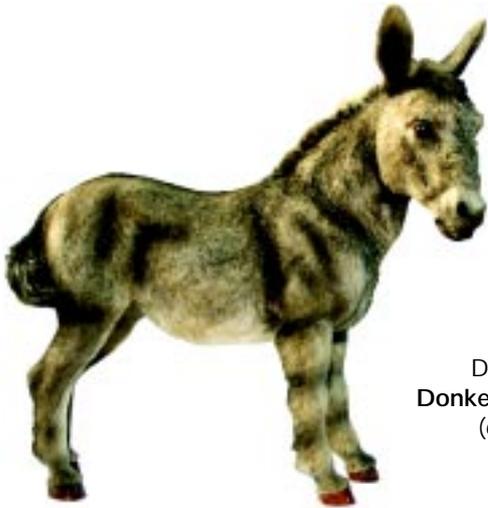
(Hillside's Founder)



Gas

PS - the Utility Warehouse will not tie you into a minimum term contract for many of the services they offer, so if you're not happy with the money you're saving, you can leave at any time.

These and other gifts
are available on our
secure website
www.hillside.org.uk



DY2.
Delightful
Donkey Ornament
(6" high)
£9.95



HF1. Horse Family Ornament
Piebald (black & white) or Skewbald (brown & white as shown)
(13" long) ~~£17.95~~ £9.95



KB5.
Children's Fun Bag
Rabbit design
(12" high)
~~£4.95~~ £2.95 each



MB8.
Horse Money Box
(10" high)
~~£9.95~~ £7.95



FA1. Fun
Caricature Animals
choose from horse, donkey, cow, pig and dog
(7" long)
~~£2.95~~ £2.50 each



Hillside Christmas Cards for 2008



The only lamb you should have in the fridge!

CH2. Greetings Cards
'The only Lamb in the Fridge' design
(blank inside 6" x 4" with envelopes)
pack of 6 £1.95



S20. Hillside Pen
Animal design
Fibre Tip blue ink
£1.50 each
or 2 for £2.75

Season's Greetings



Season's Greetings

XM8.
featuring Joseph the Donkey
with woolly friends
and Rescued Horses
by Moonlight
Message inside cards reads:
Merry Christmas
(8" x 6" with envelopes)
8 cards in 2 designs £2.95
or 2 packs for £5.50



Season's Greetings

X80.
featuring our rescued animals
Message inside cards reads:
Merry Christmas
(5" x 5" with envelopes)
10 cards in 2 designs £2.95
or 2 packs for £5.50





M70. Donkey Mare with Foal Magnet (4" long) £2.95



PC2. Hillside Postcards 2 designs (6"x 8") Pack of 6 £1.95

Gifts of your adopted animal . . .



66. Adoption Mug £6.95 each or 2 for £12.95

55. Adoption Glass Paperweight (with stand) £6.95

53. Adoption Fridge Magnet £2.50

CT2. Adoption Coasters Set of 4 different pictures of your *adopted animal £1.95

AB1. Adoption Pocket Address Book £2.95

57. Adoption Keyring £2.50

51. Adoption Badge 70p

52. Adoption T-Shirt/Nightshirt

Sizes: Adults M L XL £10.95 Childs age 12/14 years £8.45

TM1. Adoption Tablemats £2.95

90. Frame to display your latest adoption Photograph (7" x 5") £2.95

89. Shopping/Beach Bag of your adopted animal in Cotton 18"x18" £5.95

When ordering Adoption Gifts please choose from:

Katy, Felicity, Rosemary, Starlight, William, Bluebell, Dennis, Henrietta, Doris, La Vizelle, Flossie, Alice or Tessa

*COASTERS of Flossie are not available
Gifts of Bobby, Misty/Frosty, Dancer/Prancer & Lucinda are only available in KEYRINGS & TABLEMATS at present.



M68. Pig Magnet (4" long) £2.95



(Typical pack shown)

NP4. Value Assorted NOVELTY PACK with soft toy, book, ornament, keyring, notelets & more. Ideal stocking fillers for children over 3 years £16.00 £10.95



Food Supplements for you . . .

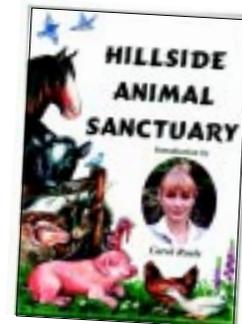
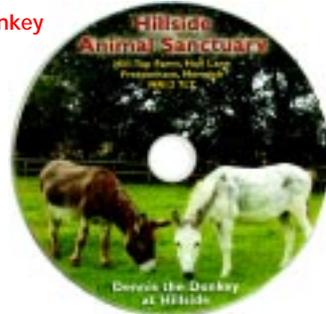
We are pleased to offer you 'Animal Friendly' Food Supplements at competitive prices

- V8. Omega 3+6+9 500mg (30 vegan caps) £3.25
- V9. Omega 3+6+9 500mg (60 vegan caps) £5.50
- V3. Evening Primrose Oil 1000mg (30 vegan caps) £4.95
- V7. Natural Vitamin E 400i.u. (30 vegan caps) £4.35
- V4. Flaxseed Oil 500mg (30 vegan caps) £3.95
- V6. Omega 3+6+9 CoQ10 with Ginseng (30 vegan caps) £8.45
- V10. Omega 3+6+9 & Pomegranate (30 vegan caps) £7.45
- V2. Veg Glucosamine & Flaxseed Oil (30 vegan caps) £6.25
- V20. High Strength CoQ10 200mg (30 vegan caps) £28.95



DN1. Dennis the Donkey at Hillside on DVD or Video (15 minutes) £9.95 now £4.95

LV1. La Vizelle an ex-racehorse at Hillside (Not illustrated) on DVD or Video 15 minutes £9.95

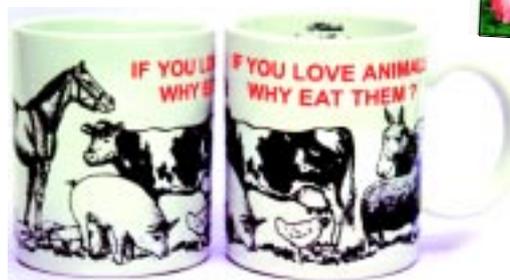


N4. Hillside Video Sanctuary Scenes (30 minutes) £4.95

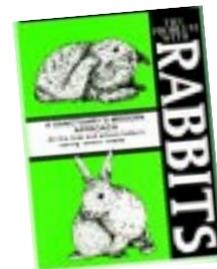
Natural Supplement for your animals . . .

Organic Seaweed

A natural source of iodine, amino acids, minerals and vitamins, this pure seaweed is suitable for dogs, cats and all other animals from budgies to horses. Seaweed naturally enhances health and wellbeing by improving stamina and the structure of teeth, beaks and bones. It also aids digestion, helping to build muscles and keeping coats, feathers and skin in optimum condition. (500gms) £3.95



C98. 'If you love animals' Mug £4.95 each or 2 for £8.95



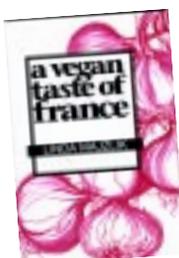
Caring for rabbits £2.25

We offer a special discounted price for purchases of ten or more rabbit books. Please contact us for details.

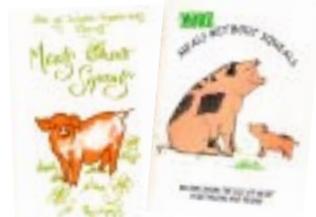
Animal Friendly Cookbooks . . .

Cooking from Around the World

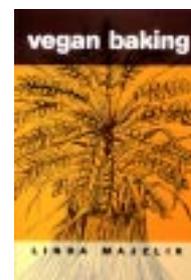
- A Vegan Taste of . . .
- CW1. Italy
 - CW2. France
 - CW3. The Caribbean
 - CW4. Thailand
 - CW5. The Middle East
 - CW6. India
 - CW7. Eastern Europe
 - CW8. Greece
 - CW9. North Africa
 - CW10. Mexico
- £6.50 each or any two for £11.95



C1. Meals without Squeals £3.95
C2. More Meals without Squeals £3.95 or both books for £6.95



C6. Green Harvest (vegan edition) £5.95



VB1. Vegan Baking £6.50



S32. Animal Free Shopper (latest version) for animal friendly products £5.95

