

# Hillside Animal Sanctuary

Newsletter



*With Hillside Cards & Gifts...*

2011-2012



Patron: Martin Shaw

Hillside is home to over a 1000 rescued animals . . .

. . . while campaigning on behalf of others in need, particularly the millions who suffer every day in the intensive factory farming industry. . .

Main Sanctuary and Office Address:

**Hillside Animal Sanctuary**  
Hill Top Farm  
Hall Lane Frettenham  
Norwich NR12 7LT

and our rescue and visitors' centre at:

**Hillside Shire Horse Sanctuary**  
Sandy Lane West Runton

☎ 01603 736200

e-mail: [contact@hillside.org.uk](mailto:contact@hillside.org.uk)

[www.hillside.org.uk](http://www.hillside.org.uk)

Founded in 1995 by Wendy Valentine

**Hillside Animal Sanctuary**  
**Open Days**  
Visitors welcome at  
**Hillside Shire Horse Sanctuary**  
West Runton, Norfolk  
Daily 10am - 5pm  
Easter to last Thursday in October  
Closed Fridays & Saturdays in  
April, May, September & October  
(open Good Friday, Easter Saturday, Sunday and Monday)  
Closed Saturdays only in June, July & August  
and at  
**Hillside Animal Sanctuary**  
Frettenham, Norfolk  
1-5pm  
on Sundays in 2012  
20<sup>th</sup> May, 17<sup>th</sup> June, 15<sup>th</sup> July,  
5<sup>th</sup> August & 9<sup>th</sup> September

**YOU ARE INVITED TO OUR CHRISTMAS FAYRE**  
at Hillside Shire Horse Sanctuary, West Runton  
11am - 4pm  
Sat 19th & Sun 20th November 2011  
with Live Nativity Scene & Father Christmas  
Enjoy a day with our heavy horses and other rescued animals...

*Safe for the rest of their natural days...*



Annabel and her partner, Tom, were saved from being made into pork pies and chops. Annabel was already pregnant when she arrived and has now safely given birth to nine adorable piglets. Tom has had a little 'op' so he can live safely with Annabel without expecting the pater of any more tiny trotters next year. Although we have given a home to over 100 rescued pigs, these are the first piglets to be born in the Sanctuary.



# How Hillside changed my life ... John Watson

Just over two years ago something happened that not only changed the way I eat, but the way I think and feel about animals too. Not the cute and cuddly pets that we all love, but the ones that end up on our plates. Those that, as I now realise, suffer so much for our greed, behind walls that keep them far from our thoughts...

As I approached 40 and looked back on 20 years working for the Inland Revenue I knew things had to change. Living in London made my one remaining hobby, filming wildlife and nature, somewhat more difficult than it needed to be. The solution, which had seemed daunting for so many years, was actually easy - move to Norfolk!

And that's how I found myself, just over two years ago, at the Hillside Shire Horse Sanctuary, with my video camera in one hand, and a Hillside Newsletter in the other, doing what I love - making a film - but this time, in the hope of landing a job I'd seen advertised at the Sanctuary. Working at an animal sanctuary would be great, I reasoned...

So, have the last two years been great? Well yes... but that wouldn't be the first word I would use to describe the enlightenment that has occurred during that time. I've seen many things - a few close to miracles, some heartwarming and many rewarding, but most of what I've seen has been a disturbing insight into what we generally call factory farming.

The suffering that goes on, every day and every night, in the massive sheds that imprison millions of poor, miserable animals, whose only release is likely to be an undignified, terrifying and painful death, all so that an ever more obese population can buy cheap and easy meals, is quite frankly, the great shame of the human race.

Seeing footage taken by an investigator only hours ago, and looking into the faces of ducks, turkeys, pigs and hens that are, right now, living in a nightmare. Seeing their eyes looking back at me through the lens and knowing they are stuck in that hell, *that changes you*. Wherever I may be in the next 5, 10 or 20 years, I know I won't be eating an animal. I won't be a part of that...

You'd think, or at least I thought, that such hell-holes would be the domain of the independent, poor and desperate farmer. I was shocked to find that, far too often, these places are overseen by companies who, unbelievably, proclaim themselves to be at the forefront of animal welfare! Names like Red Tractor and even the RSPCA's 'Freedom Food' are, all too often, seen on certificates that adorn walls of the farms which are hiding some of the worst of all suffering.

After being exposed in the press by Hillside these companies stop at nothing to limit the damage to themselves. The chain of events is depressingly familiar, rolling out statements such as - 'we are shocked' or 'we will investigate' and 'it was a one off' and even 'we will consider prosecuting'. So many words, but ultimately designed simply to buy time until the media interest has died down... and then it all starts again. The only improvements they make is in increased security, rather than animal welfare - they don't want *us* coming back...

Sometimes it's easy to get lost in all of this and forget that Hillside is also home to nearly 2000 rescued animals of all shapes and sizes; mostly from the farming industry. Every one of them safe at last. None of this could be done without the help of our supporters. Hillside doesn't have big corporate sponsors and we don't get funding or grants. Our support comes from everyday people who, like us, really care about animals and give what they can. Hillside is a place where small amounts, together, can make a big difference. It allows us to take in animals in desperate need of help and give them a life worth living. It means we can carry on campaigning against the suffering they endure.

Sometimes our funds do get perilously low. In February 2011 we were so far behind with our bills that our vet suggested we may need to put animals to sleep if there were no further funds to treat them. This, of course, we could not even consider and so we turned to our supporters who, once again, saw us through that very difficult time. However, the cause of the problem, high feed bills due to dry weather, remain, and we look towards another winter with great concern. During these times everyone at Hillside pulls together and every animal remains well fed and well looked after.

So, as I look back on 2 years working closely with Wendy at Hillside I can honestly say it's been an awakening! It has opened my eyes and constantly challenges and educates me. I hope we can do the same for others - because that's where the answer lies - that's how things can really change. If working for Hillside has taught me anything, it's that people really can make a difference... people like you!



John Watson

## Tragedy at a Local Sanctuary



Waiting for help... all now safe at Hillside

Tragic events at another Norfolk animal sanctuary last June, sadly left a man dead and a woman in custody, and no one remaining to look after the animals in their care. Following a request from the Police, we immediately responded and brought all the animals, including horses, dogs, cats, birds, rabbits and other mammals, to the safety of Hillside. These animals had obviously been well cared for and loved, and our hearts go out to those who have had to leave them behind. The horses and dogs above, are some of the 40 animals we have been able to take in and ensure sanctuary for the rest of their lives.

It is only through the kindness of those who support Hillside, that we were able to step in and help these animals in their hour of need...

**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 22 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 \_\_\_\_\_ 20\_\_

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





recent

rescues...

### Rescued in the nick of time...

In February, a flock of sheep urgently needed our help when their ex-owner, who had been prosecuted and banned from keeping livestock, threatened to shoot them all. As Police took the man into custody, we rushed to their aid to bring the 75 sheep, most of them pregnant ewes, 200 miles to safety at Hillside. They arrived late in the evening. Some were in poor condition and none had received routine veterinary care which we provided on arrival. The ewes were all able to give birth safely.



Now safe - a newly born lamb with mum and aunty

*'The only lamb you should have in the fridge'*

Two of the lambs we had to bottle feed when their mothers couldn't feed them enough, feature on Hillside's cards... available on Page 29



You can see a film of the rescued sheep arriving in our DVD 'A Year at Hillside 2011' available free of charge on back page

### Our sad loss...

In 2011 we had to sadly say goodbye to our beloved sheep, Starlight. This summer, having had the pleasure of her company for several years, on vet's advice Starlight was gently put to sleep for a tummy condition that couldn't be made better. For those people who have kindly supported her, Beauty, a young sheep rescued along with those above, will follow in Starlight's footsteps.



As a lamb, we found Starlight desperately trying to suckle from her dead mother.

### Starlight 2004 - 2011



Starlight (left) with her friend Moonlight.



On arrival, Beauty was so emaciated that she collapsed and had to be carried from the lorry bringing them. Below you can see her now doing well...



# Guess the Name of the Animal

An Easy Way to Raise Much Needed Funds for Hillside

**WITHOUT COSTING YOU A PENNY!**

If you would like to help raise funds to help feed and care for our rescued animals, please consider holding a 'Guess the Animal's Name' competition.

We will send you a cuddly soft toy, with a card containing 30 possible names. For just £1 donation each, your friends, relatives or colleagues can choose a name. When all 30 names have been picked, you can open the envelope provided and reveal the animal's actual name. Whoever guessed the name correctly wins the toy. Simply send back the donations and card to us. We ask for a deposit of just £5 which you may deduct from your final collected donations. To receive your Competition Pack just choose from a Donkey, Horse, Dog or a Pig, and we will send you everything you need- it's so easy and great fun!

Please help buy hay for the animals by holding a competition.



Please return to:  
**Hillside Animal Sanctuary**  
 Hill Top Farm, Frettenham  
 Norwich NR12 7LT

Please send me a 'Name the Animal' Pack with a:

Name.....  
 Address.....  
 .....  
 ..... Postcode.....  
 I enclose £5 (refundable) deposit

**Donkey**   
**Horse**   
**Dog**   
**Pig**



To see pictures of our rescued animals and the latest news from the Sanctuary, you may 'like' us on **facebook** or 'follow us on **twitter** at any time...



...or go to our homepage [www.hillside.org.uk](http://www.hillside.org.uk) and follow the links from there

## Holding an event to raise funds for Hillside?

Please be sure to send us a poster (or a picture and description) and we will post your event on our website to help publicise it.

## Hillside Online Charity Shop and Tombola Stall ...

If you have a new item or nearly new items, we would be pleased to receive these for either our online Charity Shop or our Tombola Stall. For items sent suitable for our Charity Shop, please also give us your suggested selling price for our guidance.



If you have an old car you don't want, you may choose to donate it to help our rescued animals. HOW DOES IT WORK? Every car has a value, whether roadworthy or only good for scrap. Give-A-Car will arrange the collection, either scrap the car or sell it at auction and make a substantial donation to Hillside. It's a free, simple service – they do all the work for you and donate most of the proceeds to us.

**Donate your old car...**  
 To arrange a free collection  
 call 020 0011 1664 and tell them you would like  
 Hillside's rescued animals to benefit from the proceeds

**An essential delivery** - unloading one of the lorries which bring regular supplies of hay to feed the animals. Each giant bale costs around £35 and raising funds using the ideas on this page, will help towards keeping our animals well fed during the winter months.





*Born into freedom...*

This calf was born to one of the 37 rescued cows who came to Hillside in April after Trading Standards found them starving and emaciated on a Suffolk farm.

You can see a film of these rescued cows arriving in our DVD 'A Year at Hillside 2011' available free of charge on back page...

*Dixie 1995 - 2011*



We have lost our beloved Pixie. One day when he didn't seem his usual self, we called the vet who thought his time may be drawing near. He passed away peacefully soon after with his friends around him.

Pixie was a grand, kindly old gentleman who had been with us since Hillside was founded in March 1995. He came to us, *pictured above*, as a week old calf rescued from the dairy industry who would have ruthlessly disposed of him.

He came with Tinkerbell who, although not his mother, looked after him like her own. Unfortunately, Tinkerbell sadly died of BSE the following year. When Bluebell came to the Sanctuary in 1998, she immediately bonded with Pixie (*left*) and they became inseparable friends.



**Become a 'friend' of Hillside**

I would like to become an Annual Friend (min £5)

I would like to become a Life Friend (min £50)

Name(Mr/Mrs/Miss/Ms).....

Address.....

.....Postcode.....

My Sanctuary Number is:

I enclose a cheque/PO for £.....

or debit my Visa/MasterCard/Maestro No,

Expiry date...../..... Issue No..... (only applicable to Maestro)

Last 3 digits on reverse of card

I prefer to donate by Standing Order and enclose the form on page 4

Signed..... Dated.....

# A foal is born...



*Growing up, Moonbeam (in front) still close to mum and Aunty Bella. (left) Moonbeam as a foal last winter.*

**When** we gave a home to Emma and Bella, two elderly ex-brood mares, there were no obvious signs that Emma was pregnant until she surprised us with a beautiful foal. She had been retired because she was thought to be barren. Ironically, she gave birth just after she and Bella had taken part in the nativity scene at our Christmas Fayre last November. We named the foal Moonbeam as he was born under the light of a full moon.



**When** Ruby injured her foot, damaging her hoof, she became unwanted. Because the injury had been neglected, her hoof became deformed leaving her no hope of finding somebody who would take her on - until we heard about her plight. With veterinary advice and careful trimming, her foot is gradually regaining its natural shape.



**This** horse, we've named Brian, came to us in a poor way. He arrived wearing shoes which suggested that he was still being ridden in this poor condition. His withers bear several scars from past saddle sores. He was on the way to the slaughterhouse when he was saved. After just a few weeks of food and care, he was soon looking and feeling a lot better.



## *Rescued from neglect...*

Jessie, an elderly mare, came into our care in a neglected state. Underweight, she was rubbed raw in places with lice and was full of worms. Blind in one eye, she had been kept tethered and had recently had her foal taken away from her. After just a few days of receiving basic care her condition rapidly improved. She can now live out the autumn of her life safely in the Sanctuary. She is pictured below with some of her new friends at Hillside.

**We must be able to continue helping animals like Jessie.**



**We** gave sanctuary to these two young donkeys when their future became uncertain. This was probably because anybody taking them on would be faced with a veterinary bill of around £500 to have them gelded and provide them with necessary vaccinations. We have named them Noddy and Patch. I'm sure you'll know which one is which!



Recovered, Misty relaxing in her paddock



**We** were asked to help a young Dartmoor pony. Somebody had rescued her but then couldn't catch her to take off a tight headcollar embedded in her face. We acted quickly to bring Misty, with her companion, to Hillside and removed the offending collar, lodged half an inch into her nose which was becoming maggot infested. Unvaccinated, she was treated for possible tetanus. The owner decided they would be better off being with our other rescued moorland ponies and signed both ponies over to Hillside's care.

# Sponsor a Rescued Dog at Hillside



Monty



Sheba



Susie



Sabre



Ben

I would like to 'Sponsor' \_\_\_\_\_

For myself/as a gift for: (Mr/Mrs/Miss/Ms) \_\_\_\_\_  
BLOCK CAPITALS PLEASE FORENAME SURNAME

Address \_\_\_\_\_  
(DELETE AS APPLICABLE)

Postcode \_\_\_\_\_

My 'Sanctuary Number' is

If you are a new supporter please write 'NEW' in boxes

Please send introduction pack to ME  to the RECIPIENT   
(Please tick appropriate boxes)

As a: Christmas Present  Birthday Present  Other Gift

I would like to include the message (maximum 5 words including your name) \_\_\_\_\_ Date to arrive by \_\_\_\_\_

If you are giving this sponsorship as a present, please complete **YOUR** details below:

Name (Mr/Mrs/Miss/Ms) \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Tel No. \_\_\_\_\_

I prefer to pay by **STANDING ORDER** & enclose the form below, or I enclose £..... for a year

(Please add £2 for postage abroad)

Signature \_\_\_\_\_ Date \_\_\_\_\_ Email \_\_\_\_\_

Please make Cheque/PO payable to: Hillside Animal Sanctuary Ltd, Hall Lane, Frettenham, Norwich, NR12 7LT



or debit my Visa/Mastercard/Maestro No. \_\_\_\_\_

(Please allow 7 days for delivery)

Valid date...../...../..... Expiry date...../.....  
 Last 3 digits on signature strip..... Issue No\_\_\_(Maestro only)



## 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 \_\_\_\_\_ 20\_\_

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:

**DS** Can be found on back of this Newsletter

Signature \_\_\_\_\_ Date \_\_\_\_\_

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

Sponsoring a dog helps to feed and care for a dog that has been with us long-term, either because a good home has not been forthcoming or they are unsuitable for the ordinary family environment and would require a special home.

This scheme is entirely separate from our usual 'Adopt a Rescued Animal' scheme and we are asking for a donation of your choice. If you choose to donate by Standing Order this would greatly help to reduce our admin costs.

We will 'introduce' your chosen dog with his story and picture with another photo to follow later in the year. We will also send you a keyring of him/her. If you would like to give this as a present to somebody at a different address, we will also send you the doggy details too.

*Please note: If the dog you are helping is lucky enough to find a loving home, or sadly dies, we will automatically introduce you to another dog that needs your help. Thank you.*

**Tel: 01603 736200 [www.hillside.org.uk](http://www.hillside.org.uk)**

## Dear Supporter...

A big thank you to everybody who has been supporting Hillside Dog Rescue since it was set up in March 2010 following our investigations into puppy farms. Our aim is to create awareness of the dreadful types of conditions in which these breeding dogs and puppies are kept and to encourage people to offer a home to a rescued dog, rather than buying a puppy from a breeder. With your help we have already been able to rehome hundreds of dogs with caring people.

Some dogs have come to us with temperament or health issues but we will not put any dog to sleep who is capable of enjoying a good quality of life. We are so grateful to a supporter who is funding the building of long-term accommodation to house around 12 rescued dogs. This will save them from spending too long in a kennel situation waiting for a family home that is unlikely to come their way.

I would also like to thank everyone who supported our recent 'Kennel Appeal' which is already enabling us to take more dogs in the Sanctuary, while saving funds previously spent on outside boarding kennels. I would also like to thank everybody who has adopted our dogs into loving homes.

Wendy Valentine



PS: We are so grateful to Breckland Dog Warden for offering us his former purpose-built 'animal ambulance' for the bargain price of £1000. This has not only been invaluable for transporting our



rescued dogs but has also proved ideal to collect wildlife, particularly deer who have been injured in road accidents.

**Below: Rescued dogs, Ben and Sheba, weren't actually practising for 'Britain's Got Talent', the camera just caught them at the right moment. Ben and Sheba who share life together can be sponsored opposite . . .**



## Mika's Story



Here's Mika, who Trading Standards seized after she was illegally imported from Poland. To save her from being put to sleep, Trading Standards asked for our help and we agreed to be responsible for her legally required six month quarantine. When she was released in February, we had a loving home waiting for her. A big thank you to everybody who helped support Mika through her time in quarantine.

To avoid further unnecessary breeding we ensure that all dogs coming into our care are neutered, vaccinated and micro-chipped, and we always carry out a home check.

1000's of healthy dogs are put to sleep in the UK every year through no fault of their own  
**Please help us to help them**



Three of four puppies who came to us from Ireland where they had been found abandoned in a cardboard box. They have all now been found loving homes.

# Helping Hillside to help and campaign for animals in need...



*Please send my friends a Newsletter*

To increase awareness and support of Hillside Animal Sanctuary you may have friends who would like to receive details of our work. We will not add their names to our regular mailing list unless they request us to do so.

**Please use Block Capitals**

Name.....  
 Address.....  
 .....Postcode.....



## There are so many easy ways to help Hillside:

- Make a donation (please see back page)
- Adopt a rescued animal (see page 22)
- Buy Hillside gifts (see gift pages)
- Visit on Open Days (see page 2)
- Hold a 'Guess the Name of the Animal' competition (page 6)
- Distribute our leaflets (see this page)
- Enter our 'Spot the Sheep' Competition (see page 30)
- Place a Piglet Collection Box (see this page)
- Organise sponsored events (see this page)
- Remember Hillside in your Will (please see this page)



## Yes, I would like to spread the Hillside message!

I have requested the items I require from the list on the right

Name (Mr/Mrs/Miss/Ms) .....

Address.....

.....Postcode .....

Parent's Signature (if under 16): .....

My Sanctuary Number is:

Can be found above your name and address on the back page

A donation towards the postage of the items on your list would be very much appreciated. **I enclose a Donation/Stamps £.....**

**Hillside Animal Sanctuary, Hall Lane, Frettenham, Norwich NR12 7LT**

## Standing Orders

Donating or adopting by Standing Order provides the Sanctuary with regular funds, and saves on our administration. (please see form on page 4)

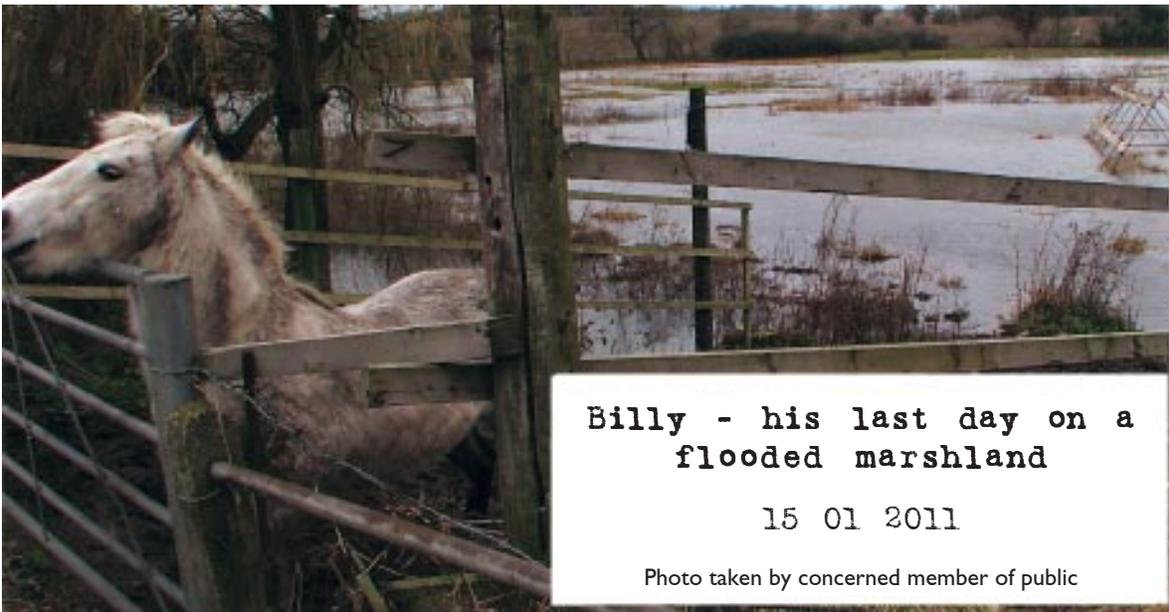
## Spread the Hillside Message

PLEASE SEND ME . . .	QUANTITY
*The following DVDs, featuring our investigations, are available free of charge	
*A Year at Hillside (2011)	
*C5 News - Freedom Food Turkeys (2009)	
*C5 News - Freedom Food Hens (2008)	
*Hillside 'Farm Animal Investigations'	
*C4's Dispatches 'Supermarket Secrets'	
*'Tonight with Trevor McDonald'	
*'The Story of Boris the Bull' by Martin Shaw	
General Hillside Leaflets to distribute	
Open Day Leaflets	
'Factory Farmed Poultry & The Law' Leaflet	
'It's easy to be Dairy Free' Booklet	
'Spot the Animal' competition forms	
Adoption Forms	
Extra Newsletters	
Sponsored Event Forms	
Cardboard Money Box (for your home)	
Piglet Collection Box (for shop counter etc) (£3 refundable deposit)	
Legacy Leaflet with advice on making a will	

## Rescued...

Earlier in the year we were inundated with reports of a pony in distress who was marooned alone on a flooded marsh on the outskirts of Norwich. 'Billy' had been left to fend for himself and had only managed to survive through the kindness of concerned passers-by who brought him food. Following the reports we were able to bring Billy back to 'dry land' at Hillside where he can now live out his days.

The following story was written by Ralf to highlight what happens to so many ponies like Billy...



Billy - his last day on a  
flooded marshland

15 01 2011

Photo taken by concerned member of public

## Coming Home *By Ralf Hoffmann*

The cold, grey light of dawn signalled the end of another cold and lonely night for the tired old pony. He emerged from a draughty, ramshackle shelter and made his way stiffly across the frost rimed field. The water trough by the gate was mercifully self filling but, as he bent his head to drink, he found the surface frozen again. A brief search by the gate sometimes revealed scraps thrown over by well meaning people but the supply was often as unpredictable as it was unsuitable. He stood, for a while, looking over the gate but, seeing no one, made his way back across the field.

Hunger was his constant companion these days but the slowly rising sun began to drive away the chill from his bones, which brought some relief at least. As he stood dozing in the sunlight he looked a sorry sight indeed. His shaggy grey winter coat was filthy and matted and did much to conceal his emaciated frame. His mane and tail were in a similar condition and were tangled with briers and burrs. Looking at him now it was hard to imagine him as his younger self when he was the darling of the pony club. Then, his owner cosseted and petted him so that he was always immaculately turned out. He was a willing pony with a brave heart and always did his best, no matter what was asked of him. As such, he was always winning trophies and rosettes until the girl grew too tall to ride him and he was sold on.

During his life he had a succession of owners, some better than others, but, as he got older, he started to develop arthritis and became unable to go over the jumps easily. He finally ended up in a horse sale where he was bought cheaply by a rough family as their children's pony. They had very little idea how to look after him properly and he was just treated as their

plaything with no concern for his well-being. Friends would call round and he would be ridden hard up and down a piece of waste land until they grew bored. He would then be taken back to a rough stable, thrown some food and left. At night his legs would ache so much he could hardly sleep but, fortunately for him, it would be several days before he would be required again.

Nobody knew where the pony in the field came from; he was simply abandoned one night and left with no one to care for him. And so it was that he awoke from his doze at the sound of a vehicle stopping by the gate. He saw someone climb over and softly whinnied a greeting in the hope that the approaching figure had some food. He saw a woman carrying a halter but, more importantly, she held an apple out for him. He gratefully bit into it as she slipped the halter over his head and started leading him towards the gate, all the while softly talking to him.

She opened the gate and led him to a waiting horse trailer which the tired old pony showed no reluctance in entering as it

smelt comfortingly of horses and sweet hay. As she tied him securely and closed the ramp he was already pulling hay from a net. His teeth were not in good condition and he couldn't chew it properly but the taste was a delight in itself. The Land Rover and trailer moved off and he began what was to be his last journey.

After a while he felt the trailer slow and turn on to a farm track and he wondered what might lie ahead of him this time. Had he been able to recognize the sign which said 'Hillside Animal Sanctuary', he might have been more reassured. As it was, when the trailer finally stopped in a yard, the ramp lowered and he was led off, he heard the whinnying of other horses and ponies. He was led in to a clean, warm stable with fresh, clean bedding to lie on and a sweet smelling mash which he could manage to eat. As he put his head over the stable door he called to another pony across the yard and was immediately answered and he knew that, at long last, he had come home.

*Below: Safe in the Sanctuary, Billy enjoying life with other rescued ponies at Hillside Shire Horse Sanctuary by the sea*



# PLEASE HELP US



## TO HELP OTHER ANIMALS LIKE THESE



It is only through your kindness that we can continue to rescue and campaign for other animals in need . . .

. . . any amount you can spare will be very gratefully received.



*Thank you for your kindness and support*

I would like to donate £..... to help the animals

Name (Mr/Mrs/Miss/Ms).....

Address.....

.....

.....Postcode .....

My Sanctuary Number is: 

5					
---	--	--	--	--	--

If new supporter please write 'NEW' in boxes

Please make cheque/PO payable to Hillside Animal Sanctuary Ltd.

or debit my Visa/MasterCard/Maestro No.



Expiry date...../..... Issue No..... (only applicable to Maestro)

Last 3 digits on reverse of card 

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I would like to donate by **Standing Order** and enclose the form on page 4

## Behind closed doors...



When our investigator discovered these cattle living AND sleeping 24/7 in deep slurry (a mixture of faeces and urine), the farmer was clearly in breach of animal welfare legislation...



We immediately informed the RSPCA of the cattle's plight, confident that a prosecution would ensue. The Society's Inspector Kirby attended the farm and left us the following recorded message (... indicates unknown word):

*'Hello Wendy, it's inspector Kirby from the RSPCA. I've just been out to go and have a look at that farm you told Mr Thompson about. I've spoken to the farmer, I've seen what he's got. I don't think there's anything down there that we'd get a ticket on suffering on at the moment if I'm brutally honest. In terms of its conditions, yeah I agree with you, they are very wet. He's in the process of shallow strawing them and apparently the first batch is supposed to be going out to pasture over the next couple of days as their... ..become available. He's going to scrape them out and... ..more room for them and have a rolling, a rolling cycle because it's going to take him about two weeks to get all those cattle off there and I'll keep coming back and paying him visits and checking that he's doing what he's promised me. And that's pretty much where we stand at the moment. Thanks very much for your call though, Wendy, appreciate it. Bye'*

You can see a film of these cattle in our DVD 'A Year at Hillside 2011' (see back page)

### Welfare of Farmed Animals Regulations 2007...

**Staffing:** Animals must be cared for by a sufficient number of staff who possess the appropriate ability, knowledge and professional competence...

**Inspection:** Where animals (other than poultry) are kept in a building, they must be kept on, or have access at all times to, a lying area which either has well-maintained dry bedding or is well drained.

Animal Welfare Act 2006 (chapter 45) states:

Duty of person responsible for animal welfare to ensure:

Its need for a suitable environment

Its need to be protected from pain, suffering, injury and disease

## Happy Hens?



Hens on the Happy Egg advert

When we were sent this picture (right) of hens that somebody had just 'rescued' from a Noble Foods' (owners of Happy Eggs) Freedom Food farm, we went to Lincolnshire to see for ourselves.

The scenes we found (below) certainly didn't compare to those shown on the 'Happy Egg' TV adverts. Most of the hens were suffering from acute feather loss and appeared in a poor

state of health. The farmer volunteered that he had recently been visited by the RSPCA as part of their monitoring procedures and we hope they took appropriate action to improve the welfare of the birds.



A 'Happy Egg' farm

### PLEASE HELP REFORM LIVE FARM ANIMAL EXPORT LAWS

Please, please sign this e-petition to protest against, and help stop, the cruel export of live farm animals from British shores. It's not often that we ask our supporters to sign petitions, but this is a really important issue. If this Government-run petition site can attract 100,000 email signatures then the campaign is eligible to be debated in the House of Commons. This could bring more public awareness to the whole issue of factory farming and the animal suffering that it causes.

To sign, please go to:

<http://epetitions.direct.gov.uk>

and search for:

**REFORM LIVE FARM ANIMAL EXPORT LAWS**

# Farm Staff Abuse Ducks Destined for Waitrose

# Another Freedom



Earlier in the year, both Sky News and Channel 5 broadcast a Hillside investigation which uncovered evidence of free-range ducks being swung by their necks by farm workers.

Our secretly-filmed footage at Hall Farm in Hingham, Norfolk, showed frightened birds being herded into crates to be taken away for slaughter.

Workers are seen picking ducks up by their necks and swinging them before throwing them back into the flock (see pictures).

As well as sick and injured birds, we also discovered dead birds left to rot among the live ducks.

We found those that had been removed decomposing in a skip instead of being safely put in bags to avoid contamination.

Farm animal welfare expert Dr Marc Cooper said:

"Commercially reared meat ducks are flightless, heavy animals and handling them in this manner is likely to cause injury to their neck, legs and body. Throwing live ducks is incredibly inhumane and would most certainly have caused suffering through pain or injury to the birds. The footage shows unacceptable levels of lameness and injury in the flock. Birds that are ill or injured should receive veterinary attention or be humanely culled without delay. Dead birds, in a state of decomposition that haven't been removed, present a risk of disease to the living birds and is indicative of a lack of even the most basic level of stockmanship duties."

Hall Farm is contracted by producer Gressingham Foods (Green Label), who hired the workers.



Covered in faeces, an injured duck lies on the barn floor in a scene from the footage

**The ducks are processed by Gressingham Foods then sold on the shelves of Waitrose as a high-welfare, free-range product.**

Consumers pay a premium for free-range products in the belief the animals have been well looked after.

Hall Farm launched their own inquiry, saying: "We take matters of animal health and welfare very seriously and are extremely concerned by the footage we have been shown." Surely they knew what was going on on their own farm!!

Gressingham (Green Label) said they were upset by the film, and had suspended the farm workers. Yet, when the RSPCA was asked if a prosecution was forthcoming, they **said they couldn't find out who the offending duck catchers were!!** This was despite stating "This is absolutely shocking footage and the RSPCA has very serious concerns about the level of cruelty inflicted on these ducks. The footage shows appalling behaviour in regards to the catchers who are seen swinging live ducks by their necks and throwing them at other ducks. This is undoubtedly a criminal offence under the Animal Welfare Act (2006), which makes owners and keepers responsible for ensuring the welfare needs of their animals are met and that they are protected from pain, injury, suffering and disease." **So who was paying the farm workers if nobody knew who they were??**



Notice on Hall Farm's office wall warns staff of planned Waitrose 'visit' several weeks in advance of the inspection...



As this farm had a long-standing RSPCA Freedom Food accreditation, we were just concluding a year-long undercover documentary 'A Year of Life, Death and Suffering on a Freedom Food Duck Farm', when we encountered the barbaric scenes that were shown on Sky News.



A life of hell - the brown stuff ISN'T RSPCA 'monitored' farm were for their own faeces and urine 24/7 for until they are sent for slaughter.



With little space to move around, parents existing in a windowless space breathing in the overpowering ammonia...



The heavier, stronger males cause serious de-feathering and often damage the hens' backs with their claws.

You can see films of all investigations shown here, in our DVD 'A Year at Hillside 2011' free charge on back page

# Freedom Food Pig Farm Exposed

RSPCA monitored Freedom Food pig farm after a concerned member of the public asked us to report the farm to the RSPCA two weeks beforehand, but when nothing had improved for the Society when they were told to: 'Put their concerns in writing'.

**In this farm after they were contacted by the People Newspaper who published a dreadful conditions we filmed there.**

He said and said "I was appalled and saddened by the footage shown to me. That such unchecked is an indictment of our society. Is it any wonder that so many of us are outraged at the standards of decency when such things happen? This must stop in the name of kindness, morality,

are contracted to 'look after' pigs for Easey Pigs Ltd who are suppliers of pork to Tesco. The laws have been blatantly broken on this farm and the RSPCA had every opportunity to gather evidence that there will be no prosecution. See page 15 for 'Welfare of Farmed Animals Regulations'.

**Pig carcasses which had been left close to the live pigs were not only in breach of health risk to all the animals and people living in the vicinity some of whom had the dreadful stench coming from the farm.**



The People Sunday 18th September 2011



T mud - the pigs on this were forced to 'live' and sleep in this mud for around five months

## A vet's report on our findings...

"I have seen the footage from Manor Farm, Yaxham filmed by Hillside Animal Sanctuary. One doesn't have to be a vet to be appalled and revolted by the scenes revealed therein. I practise mostly with small animals; if a dog was kept in conditions only 1/10 as horrible the RSPCA would, no doubt, be prosecuting the owner for cruelty. But for pigs, apparently, this passes as acceptable. Freedom Foods indeed! But Freedom from what exactly? From any shred of decent living it would seem.

The filth these poor creatures have to live their whole lives in is unimaginable (whereas if allowed anything approximating natural conditions these animals are cleaner than most). Thankfully the stench could only be inferred from the film rather than be endured as the pigs must every minute of every day; apart from being extremely uncomfortable this is also very damaging to the respiratory tract. The close proximity of the bins of dead bodies to the live pigs over an extended period - as evidenced by the thousands upon thousands of maggots - is a health hazard. Apart from these 'morgue' bins numerous dead or dying/distressed pigs are dotted amongst the group; this - and the sheer number of corpses - suggests very poor husbandry.

**Both my parents were Holocaust survivors; this video is reminiscent of footage I have seen from the Nazi concentration and death camps. Even the epithet 'Freedom Foods' is as hollow as the slogan 'Arbeit Macht Frei' - Work Sets You Free - placed over the entrances to these camps."** Amir Kashiv MRCVS



broiler chicken, much of



image

ations of

## The Plight of the Parent Birds

One aspect of factory farming often overlooked, is the suffering endured by the parent birds that annually produce the eggs from which over 800 million broiler chicks are hatched. These breeders are kept at roughly 9 hens to 1 cockerel. The heavier, stronger males cause serious de-feathering, often damaging the hens' skin with their claws during mating. The ammonia-ridden environment in these breeding units is intolerable for the birds who spend up to a year on the same, increasingly soiled litter until they are sent for slaughter.

Hillside investigated one such breeding unit operated by P D Hook, a company with RSPCA Freedom Food accreditation, that boasts a production of 5 million eggs every week.

On entering the unit, the air was unbearable. The volume of faeces can result in ammonia gas levels reaching damaging proportions and the readings in this unit ranged from 37 parts per million (ppm) to 38.6 ppm. **EU law states that gas concentrations 'must be kept within limits which are not harmful to the animals'.**

The 'safe' limit for exposure in young broilers throughout the EU has been set at 20 ppm. However, international research has found that levels as low as 10 ppm can damage birds' respiratory tracts, if, as with broiler breeders, exposure takes place over a long period of time.

Worryingly, levels of 25 ppm (much lower than those found here) have been found to damage birds' lungs and airsacs after only 48 hours.

**When we informed the RSPCA of conditions on this site, they visited the same day. Shockingly they could find no welfare issues, despite the fact that every bird we had inspected was suffering with painful, infected, blistering feet, the Society's inspector reported finding only one cockerel with an infected toe. Later, on seeing our photos they said: "...the two birds with dirty feet would need further examination to determine the level of suffering and the appropriate treatment required."**



'Dirty feet' - how the RSPCA described painful, infected, blistering feet!

## A happy ending for one little hen



On seeing our footage clearly showing this hen struggling to walk with an obtrusive tumour, the RSPCA reported back: "The growth on the bird

would need investigation to determine whether it was negatively affecting the bird's welfare."

We removed the hen on welfare grounds and took her to a vet who successfully removed the lump. Below is the hen, fully recovered, with her new feathered friends...



### 2000 Freedom Food Hens, Skeyton...



BBC's Watchdog showed dead, dying and mummified hens on this free-range, organic farm

### 2000 Freedom Food Pigs, Roughton...



C4's Dispatches exposed this farm where we filmed dying, decaying and emaciated pigs which were later the subject of an RSPCA prosecution. This failed when the RSPCA manipulated the case so that we were charged, instead, for illegally trespassing to collect the damning evidence!

### 2001 Freedom Food Pigs, Brooke...



BBC's Watchdog showed pigs so overcrowded that they could only sleep in their own excrement

### 2003 Freedom Food Duck, Little Ellingham...



C4 Dispatches exposed horrendous conditions on this duck farm after RSPCA's prosecution only showed the judge footage of ducks AFTER the suffering birds had been culled!!

### 2006 Freedom Food Ducks, Blo Norton...



When ITV's Tonight with Trevor McDonald reported unacceptable conditions and suffering of ducks, the RSPCA tried to deny it was a Freedom Food farm UNTIL Hillside provided evidence.

### 2007 Freedom Food Turkeys, Stow Bedon...



Tonight with Trevor McDonald exposed cold, wet turkeys covered in excrement existing alongside dead and dying birds

### 2007 Freedom Food Pigs, Rackheath...



Tonight with Trevor McDonald highlighted the appalling conditions these pigs had to endure

### 2008 Freedom Food Hens, Dereham...



C5 and Sky News helped us to expose these, often hungry, bald and supposedly free-range hens that had little exposure to the outdoors

### 2009 Freedom Food Turkeys, Blo Norton...



C5 and Sky News showed turkeys enduring atrocious suffering. When shamed into initiating a prosecution, the RSPCA failed to call a credible key witness and then predicted the case would collapse!

### 2011 Freedom Food Ducks, Hingham...



C5 and Sky News exposed the suffering and abuse of ducks on this free-range farm - see page 16 for full report

### 2011 Freedom Food Pigs, Yaxham...



The Sunday People reported the deplorable conditions these pigs had to endure - see page 17 for more information

### 2011 Freedom Food Slaughterhouse...



Sky News and Animal Aid exposed abattoir staff abusing and torturing pigs before killing them. The RSPCA kept very quiet about the fact that Cheale Meats' Slaughterhouse was FF accredited!

## RSPCA's Freedom Food Catalogue of Shame... 2000 - 2011

**The farms here are those exposed by Hillside where conditions have been so bad that they have either been the subject of a high profile television programme or the RSPCA have been shamed into initiating a prosecution against the farmer (all of which we believe were deliberately engineered to fail). In addition to those shown here, we have looked at many other Freedom Food farms which also have serious welfare and even environmental issues.**

**Please note that all the farms we mention here, are situated in Norfolk. You may draw your own conclusions as to what conditions can be found across the country. Following our meeting with Mark Watts, Chief Executive RSPCA and Leigh Grant, Chief Executive Freedom Food, we felt compelled to write the following...**



Dear Mark,

We write further to our meeting earlier this year with you and Leigh Grant (the fourth meeting we have had with top RSPCA officials since 2003), where you again asked that we contact you first when we find cruelty and suffering on Freedom Food (FF) farms. We have thought long and hard about your proposals and our decision is outlined in this letter. Actions speak louder than words and we still do not have the confidence or trust that you will bring to justice, any offending FF farmer that we bring to your attention, even after we provide indisputable evidence.

At the April meeting we asked how many FF farms the RSPCA had initiated prosecutions against based on its own evidence. This was to exclude the three farms that Hillside - and a high-profile TV programme - had shamed the Society into prosecuting, all of which I feel, were eventually engineered to fail.

This is an appalling record especially as you publicise that FF farms have regular unannounced inspections. In short, Hillside - with occasional visits in one county alone, have unearthed at least three prosecutable farms and yet, in FIFTEEN years, RSPCA/FF inspectors have only found another THREE in the whole of the UK!! This low figure indicates an unwillingness to prosecute your clients and a fear of drawing unwelcome attention to the inadequacies of Freedom Food monitoring. It seems that joining the FF scheme almost gives farmers immunity from prosecution.

So, in order to clarify, what you are asking of us is as follows: 'Please give us your evidence of illegal cruelty on FF farms that you come across BEFORE GOING TO THE MEDIA and we promise to do everything we can to bring a prosecution against the offending farmer and then you can have your story printed later in the press'. But, what you really mean is: 'Please give us your evidence and we'll tell you we'll look into it with a view to taking legal action which will then take months to investigate before we tell you 'Sorry, we were unable to take any action', by which time the story is old and the media isn't interested in exposing another FF farm!!'

You frequently criticise us (and other organisations) for not telling you sooner when we discover illegal suffering on FF farms, but in most cases, even though you visit them, very little actually happens to improve the ongoing conditions for the animals. When we have later revisited these sites, welfare conditions have usually lapsed again and often the only thing that has improved is the farms' security making it difficult for us to check on the animals.

Over the last ten years I think we have proved, beyond doubt, that you are deliberately turning a blind eye to farms operating illegally under your supposedly 'high welfare' scheme by regularly contravening animal welfare laws and in turn causing much unnecessary suffering to farmed animals. To repeat what we have said before 'we have looked at over 30 FF farms and 10 - a third of them - have either been the subject of a high-profile television programme and/or a prosecution.' Only recently we have taken footage of totally unacceptable conditions on three further FF farms in different counties and fully intend to expose them - because you certainly won't.

Your other excuses have been that the welfare standards on which the FF scheme is based, are aspirational but I believe that consumers buying FF produce expect the animal produce they are paying a high premium for, has been reared in a welfare friendly environment, not one which just 'aspires' to be!! Our investigations have highlighted the fact that many FF farmers have no interest in animal welfare but are simply trying to cash in on the monetary benefits that joining the scheme brings - the extra profit they can charge for their produce.

It was clear from the April meeting that you are so focussed on increasing the number of farms in your FF scheme that it has become wildly out of control. This has left literally a handful of inspectors trying to monitor thousands of farms. Surely the amount of farms in the scheme should be limited to the amount that can be properly inspected to ensure that your promised standards are upheld. It seems that the few FF inspectors that are available don't appear to be very well organised. On your own website your Field Officer, Reg Battershall, says "...I may be in the Orkneys one week and on the south coast of England the next". This doesn't seem a very efficient way of checking the thousands of FF sites spread across the country.

I hope this letter explains our reasons for not accepting your invitation to help you cover up the appalling state of many of your FF farms. It saddens us that we have had to come to this decision. If circumstances change, we would be proud to work with an organisation that could, in the right hands, be effective for the animals. In fact, nothing would please us more. **Animals desperately need the RSPCA but under the right stewardship. Wendy Valentine**



## Rescued donkeys arrive safely...

Following our appeal last winter to save seven donkeys, including a mare and foal, in desperate need of sanctuary, we are pleased to let you know that they all arrived safely at Hillside and to thank everybody who donated to help them.



*Happy to be together - rescued mother and baby...*

*Inseparable friends -enjoying grazing out in the paddock...*



*Our supporters named the donkeys: Happy, Sleepy, Bashful, Doc, Sneezzy, Dopey and Emily. We couldn't possibly have called any one of them 'Grumpy' as they all seemed so contented following their rescue!*



*Safe at last - the first of seven rescued donkeys arriving at the Sanctuary, urgently in need of routine veterinary care and a farrier...*



**Happy and Sleepy feature on this year's Christmas Cards which are available on page 23**

# wildlife rescues...



We went to the aid of this goose with fishing line embedded deeply in her leg. With the help of the Harbour Master at Oulton Broad who kindly took us out in his boat, we eventually managed to catch the injured bird. She was given veterinary treatment and after a few days observation, we were able to release her back into the wild to rejoin her mate who immediately swam over to greet her.

You can see a film of this rescue and release, in our DVD 'A Year at Hillside 2011' available on back page...



These five ducklings were brought to us after being found in the road, next to their dead mother, who sadly had been run over by a car. We had never seen such striking plumage and were interested to discover they are Shelducks, a breed that haven't been seen on our ponds before!



This muntjac fawn was safely born at the Sanctuary after her mother was brought to us having been hit by a car. Mum and fawn are doing well. We now have around 20 rescued deer living safely in the Sanctuary...



This swan became so entangled in fishing line that it almost severed her leg. If we had not been alerted and able to go to her rescue it is highly unlikely that she would have survived. During delicate veterinary treatment, we were able to cut free the offending line and once the leg showed signs of recovery, let her swim in a pond. We were thrilled to see her obvious delight at being back in the water.



Oh! that looks a bit prickly! Red spots a rescued hedgehog...





# Hillside Cards and Gifts by post...



**CL12. Hillside 2012 Calendar**  
14 Sanctuary Scenes, one for each month, showing Hillside's rescued animals. (including January 2013) Opens to 11" x 16" **£2.50**

Many of the scenes featured in our 2012 Calendar are shown on the front cover of this Newsletter

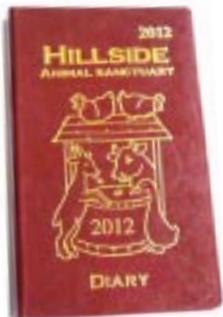
## XM11. Hillside 2011 Christmas Cards

This year's cards feature scenes of our rescued animals  
Message inside reads: 'Merry Christmas'  
Pack of 6 cards in 2 designs **£1.95**



## XI1. Hillside Sanctuary Scenes Christmas Cards

featuring Hillside's rescued animals  
Message inside reads: 'Merry Christmas'  
(5" x 5" with envelopes)  
Pack of 8 cards in 2 designs **£1.95**



**D12. Hillside 2012 Pocket Diary**  
In Black, Navy and Maroon **£1.95** each

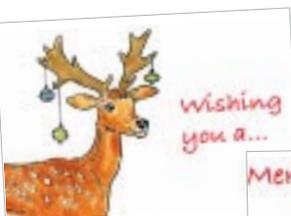


## TC20. Turkey Design Christmas Cards

Message on cards reads: 'Please help me, my life is in great danger' and 'The best present a turkey can have at Christmas, is the gift of life'  
Cards blank inside for your own message (8" x 6") with envelopes  
Pack of 4 cards in 2 designs **£1.95**



**MC12. Hillside 2012 Mini Calendar** **only 50p**  
13 Sanctuary Scenes showing Hillside's recently rescued animals. To hang on your wall, keep in your bag or send one with all your Christmas cards. Opens to 6" x 8"



## AL1. Hillside Animal Letters Christmas Cards

Message reads: 'Merry Christmas in animal letters.'  
Pack of 4 cards with envelopes **£2.95**



Unique design card opening to 4" x 24" wide to decorate any mantelpiece/shelf at Christmas (folded size 6" x 4")



## WG1. Hillside Winter Greeting/Christmas Cards

'Horses in the Snow'  
Suitable as winter greeting card or Christmas cards  
Cards blank inside for your own message (8" x 6") with envelopes  
Pack of four cards in design shown **£1.50**



**S20. Hillside Pen**  
Animal design  
Fibre Tip blue ink  
**£1** each

**XM10.**  
'Ponies in the Snow'  
Message inside cards: 'Merry Christmas'  
(8" x 6" with envelopes)  
Pack of 8 cards **£1.95**



# Cruelty-free

## Toiletries & Bodycare Products



(All prices include P&P)

### MS1. Meadowsweet Muscle & Joint Healing Lotion (150ml)

For aching joints... nature power healing body lotion... This amazing lotion is a natural alternative to help soothe and relieve aches and pains, even on long-aching joints and muscles. If used regularly it can help improve circulation and generally reduce pain... **£7.45**

### MS2. Meadowsweet Head & Muscle Ease Foam Bath (250ml)

Essential oils and herbal extracts are combined in this special bath foam to help ease aches and pains. Clears the head when suffering from colds, flu or achy joints. Can be used as a shower gel or bubble bath... **£6.95**

### MS3B. Meadowsweet Shampoos (250ml)

**Herbal shampoo** - combining herbal extracts of nettle, kelp and chamomile - leaves hair feeling fresh and shining.

**Evening Primrose Shampoo** - a mild and gentle, but cleansing shampoo, that benefits from evening primrose oil helping nourish and generally improve all hair types.

Nourishing shampoos for all ages. They lather really well and smell wonderful... **£6.45**

**MS3. Tea Tree Soap (90g)** A gentle soap made from natural pure plant ingredients with Tea Tree and Eucalyptus essential oils for their natural antiseptic & anti-bacterial qualities.... **£2.95**

### MS3A. Tea Tree Hand Wash with pump (250ml)...

A gentle but deep cleansing liquid soap containing Tea Tree oil for its antiseptic and anti-viral qualities and Lime essential oil for its refreshing and toning properties. The ideal hand wash for regular use and especially after gardening etc... **£7.25**

### MS4. Meadowsweet Equilibrium Massage Oil (100ml)

A luxury massage oil containing a blend of essential oils designed to help balance female energies and restore internal harmony. A few drops can also be added to the bath to create a beneficial bath oil... **£6.95**

### MS5. Equilibrium Shower & Bath Foam (250ml)

Contains a special blend of essential oils to help balance female energies and restore internal harmony. Formulated for all over body use but especially good in a bath... **£7.45**

### MS6. Lavender Soothing & Healing Bath Salts (300g)

Sprinkle these amazingly healing Bath Salts in your bath water and relax in mineral rich soothing water. Fragranced with Essential Oils to enhance natural healing properties... with dead sea salts... **£4.45**

### MS7. Meadowsweet Exotic After Shave Balm (100ml)

A balm type lotion designed to moisturise and soothe the skin after shaving. Contains Aloe Vera and Sandalwood... **£6.45**

### MS8. Melon and Jojoba Night Cream (60g)

A rich, deep moisturising cream containing Melon oil, rich in enzymes to help skin development and Jojoba oil, a very effective skin lubricant. Good for all skin types but particularly mature, dry or rough skin... **£6.45**

### MS9. Meadowsweet Rich Rosie Luxury Hand Cream (60g)

The benefits of Rosewater and Vegetable Glycerine together with easily absorbed natural oils are combined in this rich moisturising cream designed to protect dry skin on the hands... **£6.45**

### MS10. Meadowsweet Happy Feet Foot Cream (60g)

Designed to help feet that are tired, bruised, hot or just overworked. Full of beneficial ingredients such as Comfrey, Arnica and Chlorophyll plus Peppermint essential oil to gently cool the feet and improve skin suppleness. Also helps reduce the build up of hard skin if used on a regular basis... **£6.45**

### MS11. Meadowsweet Comfrey & Vit E Moisturising Cream (60g)

Made with Comfrey extract and Vitamin E together with beneficial essential oils including Niaouli which is a natural antiseptic. Ideal for all skin types, especially dry, cracked and mature skin... **£6.45**

### MS12. Meadowsweet Deep Cleansing Skin Mask

A clay type mask Avocado oil and cucumber extract for their mildly astringent and soothing qualities. A popular way to deep cleanse the skin on face... **£6.95**

### MS13. Meadowsweet Tranquility Shower & Bath Foam (250ml)

Made with oils of Lavender and Chamomile this SLS free shower/bath foam is blended to relax and leave you with a tranquil feeling. Can be used as a shower gel or bubble bath... **£7.45**

### MS14. Meadowsweet Age Away Luxury Cream (50g)...

### MS15. Meadowsweet Age Away Luxury Serum (30ml)...

These unique products contain a natural secret blend of powerful anti-oxidant Pomegranate, skin enhancing Ginseng, Healing Frankincense and Neroli to encourage new cell growth. They really do work and have a gorgeous fragrance

### MS16. Meadowsweet Problem Skin Lotion (100ml)

Using natural ingredients such as Cade Oil, this powerful lotion was specially developed to help to relieve various long term skin conditions. Cade Oil is used by many leading skin & scalp clinics due to its well known highly beneficial qualities... **£6.45**

### MS17. Meadowsweet Soothing & Healing Lotion (100ml)

Containing a special blend of oils and herbal extracts, this lotion helps to heal and soothe the skin and calm the mind. A very useful lotion for all the family... **£6.25**

### MS18. Meadowsweet Cleansing & Balancing Lotion (100ml)

A very beneficial cleanser containing Tea Tree, Rosemary and Witch Hazel, designed to help clear blemished skin and other minor skin conditions. Suitable for all skin types and especially good for teenage skin problems... **£4.95**

Hand blended in Suffolk Meadowsweet lotions and potions are vegan and not tested on animals. They are non-toxic and cruelty-free...



**DR3. Rescued Dog Greeting Cards**  
 featuring our rescued dogs  
 blank inside for your own message  
 (6" x 4" with envelopes)  
 Pack of 6 cards in 6 designs **£2.50**

(a selection of Hillside Greeting Cards can be found on page 29)



**LS1. Real Horse Shoe House Numbers**  
 ALL Numbers available  
**£10.95** each  
 (please remember to state number/s required)

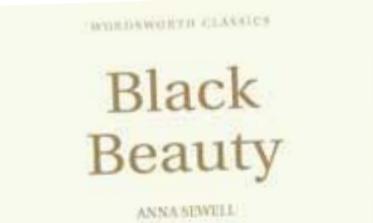


**NLI. Animal Cord Necklace**  
 Choose from: Sheep, Horse, Donkey, Hen, Pig, Goat, Cow, Rabbit or Duck  
 An ideal stocking filler **£2.95** each

**DPI. Donkey Pen**  
 Ball-point black ink  
**£1.95** each



**H2. Horse Ornament**  
 in Black or Bay  
 7" high **£11.95**



**Black Beauty by Anna Sewell**

During the summer months, some Hillside horses spend their days grazing in a meadow neighbouring the estate where Anna Sewell, author of Black Beauty, often stayed with her uncle and close to where she is buried. Anna Sewell, back in the mid Victorian period was, in her own way, a campaigner for animal welfare and was very much a 'local girl'. We hope that, if Anna had still been alive today, she would be pleased to know that Hillside Animal Sanctuary is located so close to her. To celebrate the life of Anna Sewell we are pleased to offer the Wordsworth edition of her book 'Black Beauty'. A lovely gift for any young person who has not yet had the chance to read it...

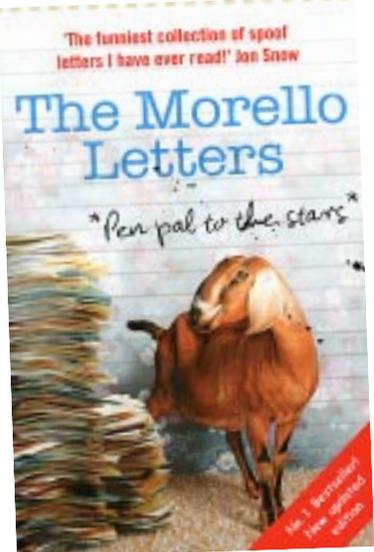


(Paperback edition) **£2.50**



**WF1. Wildflower Cornfield Seed Mix**  
 This seed mixture consists of annual wild flower seeds which will give a colourful display in one growing season from an autumn or spring sowing. It will grow well on most soil types. The seed mix contains:  
 Cornflower                      Centaurea cyanus  
 Corn Chamomile                Anthemis arvensis  
 Field Poppy                      Papaver rhoeas  
 Corn Marigold                  Chrysanthemum segetum  
 Corncockle                      Agrostemma githago  
**£3.50**

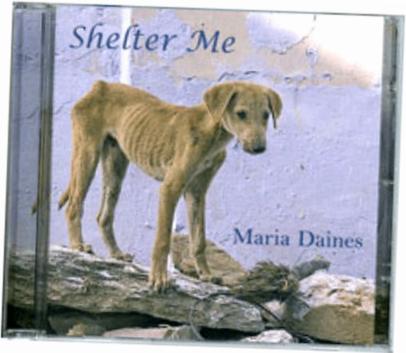
**A Gift Idea - we will send you a blank Wildflower Greeting Card (& envelope) with every packet of seeds you buy. You may send them to a friend to make a special gift...**  
**WF2. Buy 5 packets Wildflower Seeds (with 5 cards) for just £14.95**



**MLI. The Morello Letters**  
 This is a really amusing read for yourself or to give as a gift to make your friends smile. An hilarious collection of letters actually sent in the name of (the fictitious) Mr and Mrs Morello to the great and the good - and the amazing replies!  
 A good-natured exploration of British customs and idiosyncrasies, written with gentle and generous humour,  
 The Morello Letters is that rarest of commodities: a humour book that is actually very funny.  
 Order this book, and we promise you won't be disappointed.  
**£7.95**

**MDI. Shelter Me CD by Maria Daines**

- Track List -
- 1. Is It Bad Enough For You?
- 2. Racing to Death
- 3. Chained To You
- 4. Heart and Soul
- 5. Regina
- 6. Dog Walker
- 7. Maggie's Song
- 8. Karley
- 9. One Small Dog
- 10. Tobey's Song
- 11. Galgo Blues
- 12. Old Dogs
- 13. Angel
- 14. Little Mac
- 15. Moose The Wolfdog
- 16. Are You My Friend?
- 17. Chain Space
- 18. Shelter Me



**£9.95**



**Quality Jute Bag**  
with padded handle and gusset. . .

are an alternative to plastic bags which are adding to the decline of our environment. Made from sustainable and naturally renewable plant fibres, jute produces a plain weave cloth noted for its strength and durability. Water resistant and biodegradable.

- 5A. Hillside Bag Large (17"x14") £3.95
- 5B. Hillside Bag Small (11" x 13") £2.95



**ACI. Hillside Alarm Clock**  
(6½" high)  
**Reduced to £5.95**

**B2.**

**Hillside Logo Cotton Shopping Bags**

Easily folded, this bag is easy to keep in your pocket or handbag for that emergency shopping. Also an ideal beach/school/holiday bag. 100% cotton Size 16" square

Choose from:  
Natural, Blue, Pink & Black  
**£2.95 each**



**K29. Hillside Keyring** £1.50  
or  
**M44. Hillside Magnet** £1.50



**TH1. Teabag Holder/ Teaspoon Rest**  
Robin or Thrush design  
**£2.95 each**



**HCI. Pony Cruet Set**  
Fun way to sprinkle your salt and pepper  
**£3.95**

**SKI. Floral Sewing Kit**  
Choose from: Rose, Poppy, Orchid, Lily, Iris or Sunflower ...to keep in your bag or suitcase for those emergency stitching jobs...  
...includes needles, threader, safety pins, press studs, buttons and four colours of thread  
**£2.95**



**RE1. Re-usable Envelope Labels**  
Pad of 40 **£1.50**



**MB1. Magnetic Bracelet**

Wrap round bracelet which fits any size wrist and **can also be worn as a necklace.**

Hematite is believed to aid circulatory problems, including relief from arthritis. It supports the kidneys in cleansing blood and regenerates tissue. It can also help with leg cramps, anxiety and helps combat insomnia. Hematite stimulates concentration and focus and can enhance the memory. It harmonises mind, body and spirit. Hematite is a natural mineral. Available in five attractive colours...Ebony, Jade, Sapphire, Ruby and Amethyst **£7.95 each**



**PDI. Engraved Pet Disc**

Keep your pet safe - engraved disc with ring to ensure your pet returns safely should he get lost. We will engrave your disc with your surname on one side and your telephone number on the reverse. (Please remember to state these when ordering) **£3.95**



**'Hillside on Film'**  
Showing a series of short films taken around the Sanctuary on DVD  
**£1.00**



**H1. Adult's Quality Hillside Hooded Sweatshirt**  
 in Grey, Pink, Sky Blue, & Black  
 Sizes - S M L XL XXL  
**At the special price of £12.95 each**

**CHI. Child's Hillside Hooded Sweatshirt**  
 in Pink, Sky Blue & Grey  
 Sizes:  
 5-6 years 26"-28"  
 7-8 years 30"-32"  
 9-11 years 34"-36"  
 12-13 years 38"-40"  
**£10.95 each**



**HB5. Handbags**  
 Fashionable bags in black, brown, red & tan in 'animal friendly' non-leather  
 Ideal for any occasion  
 With inside zip & mobile phone pockets  
**£14.95**

(When ordering **HB5**, please ensure you request style A, B or C and the colour you require)



**HB6. Ouch Designer Handbag**  
 Spacious soft fluffy bag in 'animal friendly' non-leather  
 Ideal for any occasion  
 With inside zip pockets & mobile phone pockets **£29.95**

**HB4. Handbag**  
 In pink or black in 'animal friendly' non-leather  
 Ideal for any occasion  
 (approx. 9" wide)  
 With inside zip pockets **£9.95**



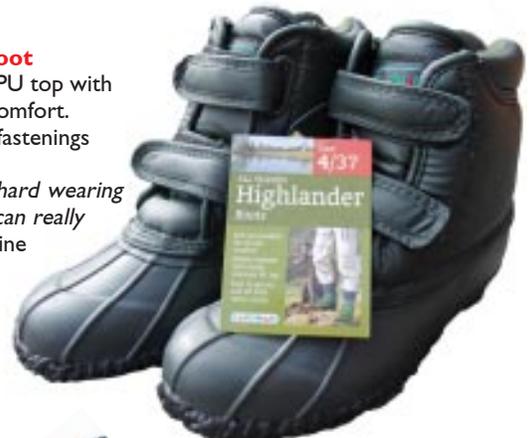
**OB4. Ouch Evening Bag**  
 Petite evening bag in white, pink & black with a choice of two shoulder straps in 'animal friendly' non-leather  
 (approx. 11" wide)  
 With inside zip pocket

**£19.95**



**HBI. All Season Highlander Boot**  
 A very practical, multi-purpose boot. Soft PU top with tough rubber sole. Padded for extra comfort. Wide throat for easy on and off velcro fastenings for cold, wet or gloved fingers.

*'These non-leather boots are waterproof, hard wearing and very comfortable to wear all day. I can really recommend them.'* Wendy Valentine  
 Available in sizes 3-9  
**£24.95**



More styles of bags are available at:  
[www.hillside.org.uk](http://www.hillside.org.uk)

**HCI. Hillside Baseball Cap**  
 Quality cap  
 One size fits all  
**£6.95**



**MWI. Men's Wallet**  
 Quality wallet in 'animal friendly' non-leather  
 Choose from plain or patterned  
**£9.95**



**S902. Hillside Socks**  
 One size fits 5-8  
**£2.95 pair**



# Hillside General Greeting Cards . . .



**SPI. Greeting Cards featuring Sugar and Spice**  
 Ideal for birthday or general greeting cards  
 Blank inside for your own message  
 (8" x 6") with envelopes  
 Pack of 6 different design cards **£1.95**

**WLI. Norfolk Wildlife Greeting Cards**  
 Featuring swans and seals  
 Blank inside for your own message  
 (8" x 6") with envelopes  
 Pack of 4 cards in 2 designs **£1.95**



**FC3. Poppy and Wildflower Greeting Cards**  
 Ideal for birthday or general greeting cards  
 Blank inside for your own message  
 (8" x 6") with envelopes  
 Pack of 5 assorted design cards **£2.95**



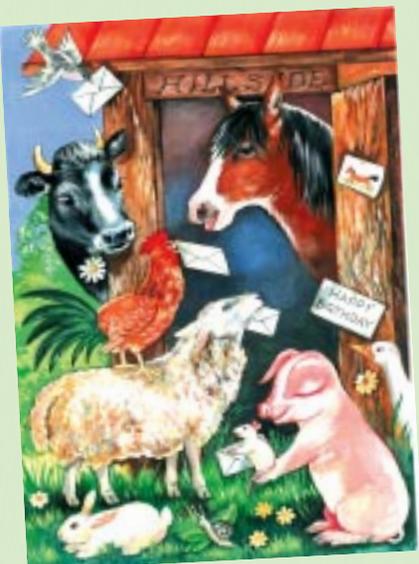
**HLI. Greeting Cards featuring our Highland Cows**  
 Blank inside for your own message  
 (8" x 6") with envelopes  
 Pack of 6 cards in 2 designs **£1.95**



**RC1. Rescued Calves Greeting Cards**  
 Blank inside for your own message  
 (8" x 6") with envelopes  
 Pack of 5 cards in design shown **£1.95**



**FC4. Flower Greeting Cards**  
 Blank inside for your own message  
 (8" x 6") with envelopes  
 Pack of 5 assorted flower cards **£2.95**



**HC7. Hillside Birthday/Greeting Cards**  
 Ideal for birthday or general greeting cards  
 Blank inside for your own message  
 (8" x 6") with envelopes  
 Pack of 4 cards in 2 designs **£1.95**



**LC1. Hillside Greeting Cards**  
 Featuring our rescued animals  
 Message on back of card reads:  
 'The only lamb you should have in the fridge'  
 and 'The only chicken you should have in a basket'  
 Blank inside for your own message  
 (5" x 5") with envelopes  
 Pack of 6 cards in designs shown **£1.95**







**Bea relaxing with her companion, Daisy, by the sea at Hillside Shire Horse Sanctuary at West Runton**

**We were pleased to be able to give Bea a home at Hillside...**

Bea, who came to us when her owner could no longer look after her, now lives at our Sanctuary at West Runton, helping the disabled. We are pleased to work 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 are not otherwise ridden, are pleased to help such a worthy cause.



*Bea and her young rider returning home after a gentle walk around the common*

**Hillside Holidays by the Sea**



When we took over our Sanctuary at West Runton in 2008, we turned the residential property into holiday homes to raise valuable funds to help feed and care for our rescued animals.

If you would like to take a self-catering holiday on the North Norfolk coast,

surrounded by our rescued animals, our 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](http://www.hillside.org.uk)

**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.**



**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**



**Have you moved?**

If you have moved please be sure to let us know your **NEW** address as well as your **OLD** address.

Also, please let us know if any other Hillside supporters at your address have also moved. Thank you.

