



## Wellbeing Week May 2022

### Bring Your Dog to Work | Tuesday 17<sup>th</sup> May

Dogs bring fun and laughter (and a little bit of chaos) to your life, they can even reduce stress levels just by sitting beside you. Stroking a dog, cat or any type of animal is a form of sensory stress relief and [has been proven to reduce blood pressure](#) and help you feel calmer if you're upset. To celebrate Wellbeing Week 2022 we decided to bring some doggy joy to Sandymount Park by inviting staff to bring their dog to work on Tuesday 17<sup>th</sup> May.

\*The dogs will be well supervised at all times.

### **We would like to introduce you to our special guests:**

#### **Cudi**



Cuddington Scott Kenny Caesar Hansard AKA Cudi is an 11-year-old boy who enjoys the little things in life, such as literally stopping to smell the roses and lower back massages. He is a fitness fanatic, avid sea swimmer and workaholic who is obsessed with chasing the ball. He also has a food addiction which can be seen through daily begging. Sardines, green apples and carrots are firm favourites of his. In his spare time, he can be found wrestling with his hairy little cousin, Pepper.

### Darwin Rutherford Gallagher



Darwin is 7 1/2 years old but still a puppy at heart, he's very friendly and will 'talk' to you in exchange for cuddles and attention. He knows quite a few tricks, but his favourite thing is to fall asleep on your lap if you let him.



**Finn** The best gal! Yes, she has a boy's name, but she is the sweetest soul you'll meet. Her favourite place in the world is running after birds on an open beach, she has won awards for her amazing eyelashes and her superpower is listening skills ♡



### **Finn and Buddy**

Sister and brother, Finn is 13 and Buddy is 10. Finn is elegant and watchful; she loves walks and pets and will sulk if she feels ignored. She loves Buddy's company but can be stifled by his obsessive need for cuddles. She will do anything for toast.

Buddy lives for cuddles and food and prefers not to discuss his dubious toileting habits. He will howl like a wolf for reasons known only to himself but mostly can be found curled up asleep, on or beside the nearest human or dog.



Finn and Buddy have a love/hate relationship with their cousin Barney – they hate him and he loves them. Barney was a very, very, very hyper puppy and they just never got over his crazy past. The relationship has become more civil in recent years, when Barney comes to visit, a quick sniff and ignore has replaced twenty minutes of crazed barking and tearing around the house.

### **Barney**



Barney is nearly 8 years old but still behaves like a puppy! He is a nervous little guy, is afraid of his shadow and hates to be left on his own. He loves his walks and occasionally enjoys eating ugg boots, handbags, carpets and rugs! He is always happiest when he is snuggled up beside his favourite person.





### Daisy

This is Daisy. She just turned one and is a dachshund-chihuahua cross. She has lots of energy and loves to take long walks, play fetch, and play tug-of-war! Daisy loves people but can get a bit nervous when she meets you for the first time so she might bark. Some nice rubs or a piece of chicken usually calms her down! Daisy is very affectionate once she gets to know you, so you might have to deal with some slobbery kisses!!

### Sirius

Sirius is named after the Dog Star. She's a Collie Alsatian cross and her favourite subject is History!



### Lilliypop Lynch



Lilliypop Lynch the Long haired lurcher

12 years old, started out as a rescue from the DSPCA in 2000.

lives with Jane and a very badly behaved Jack Russell Terrier, Victor.

Love to sleep, steal things, counter surf for food, chase imaginary baddies around the house. I'm a sweet girl but a bit of a thief, have been known to steal peoples lunches out of their bags, so beware. If its on the ground Its mine!!

