

Andy's Isolation Diary

Therapy Dogs and the Thrapston Dog Whisperer during Lockdown (continued)

On this first walk I also bumped into "Pub Mike" who informed me he had just walked by Thrapston Lake to Islip in 45 minutes and I should try it in the afternoon. I did but unfortunately Pub Mike had not let on that his route barely skirted the lake and he did not mean for me to walk around it's entire circumference. After nearly two hours and a total of 11,978 steps for the day I collapsed back at my humble abode and immediately deleted that "Couch to 5K App." Had it not been for the current situation I'd also have phoned IKEA to see if they could send me a pop up oxygen tent and an Allen key or two.

As I now approach a week with Skye I recognise what great company a dog is and how they can prompt a lazy geezer like myself to start putting in a few more steps a day. She has already picked up on my mood and has adjusted to the routines of my household; such as any exist. It's far better talking to a dog than it is to the television.

All in all she's confirmed to me the valuable role therapy dogs or dogs as pets can provide to supporting either recovery from mental illness or helping to maintain both mental and physical wellbeing. When Skye returns to her owner, which hopefully for my friend will be as soon as possible, I shall miss her a great deal.



**PETS AS
THERAPY**

**time to change
northamptonshire**

let's end mental health discrimination

'The Isolation Diaries' was an idea created by Time to Change Northamptonshire Champions with the aim to reduce loneliness and to make others aware it's OK to not be OK during these turbulent times! If you'd like to submit a 'Day in the Life of Isolation' you can send it to either steph@ketteringmind.org.uk or kizzym@teamworktrust.co.uk and we will circulate to other Champions. You can also attach photos too!