



BIGGAR SURGERY

157 High Street, Biggar
ML12 6DL
01899 220073

Biggar opening hours

Mon 8.30am - 7.00pm
Tues - Fri 8.30am - 6.00pm
Saturday 9.00am - 12noon

Biggar consultations

Mon - Fri 9.00am - 10.30am
Mon 2.00pm - 7.00pm
Tues - Fri 2.00pm - 6.00pm
Saturday 9.00am - 11.00am

PEEBLES SURGERY

15 Old Town, Peebles
EH45 8JF
01721 722879

Peebles opening hours

Mon - Fri 8.30am - 6.00pm
Wed 8.30am - 7.00pm
Saturday 9.00am - 12.30pm

Peebles consultations

Mon - Fri 9.00am - 10.30am
Mon - Fri 2.00pm - 6.00pm
Wed 2.00pm - 7.00pm
Saturday 10.00am - 12noon

24 HOUR EMERGENCY SERVICE

for registered clients
(call Biggar or Peebles)



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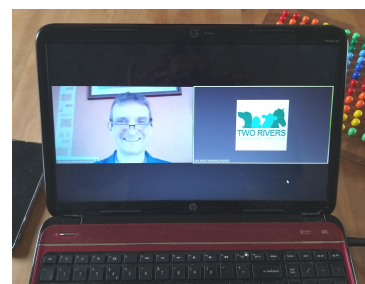


NEWSLETTER December 2020



Looking forward to 2021!

Well 2020 is nearly over, thank-goodness! March saw the practice in lockdown with the rest of the country as coronavirus took over. We were only able to see emergencies and urgent cases for a few months, with most of our team furloughed at some point, or working from home trying to keep up with phone calls, emails, messages and prescription requests. We provided online consults for a time, but it's never as thorough as examining an animal that's physically in front of us.



Once back in the practice we were struggling to get PPE, but our lovely clients came up trumps and made us lots of pretty and very useful masks. Then we had the mammoth task of catching up with all the vaccinations and other treatments which had been delayed.

Now we are working again as normal, but are trying to maintain separate teams in Biggar and Peebles, as far as possible. This might mean you need to wait for an appointment to see a particular vet at one surgery. Unfortunately we can't allow clients into the surgery in Biggar yet, as it's not possible to socially distance. But we have erected a temporary shelter outside so that everyone can keep a bit drier.



In Peebles, we can have one client in the waiting room at a time, but we still ask that you wait while we take pets through to the consulting room. Contact us for appointments as normal, but do please stay away if you have any possible symptoms of coronavirus. We hope everyone has very healthy and happy Christmas, and we look forward to getting back to normality in 2021.

**MERRY CHRISTMAS and a HAPPY
NEW YEAR from all at TWO RIVERS VETS**

Christmas Opening Hours 2020/21



Thurs 24th December	Open until 1pm
Fri 25th December	Closed
Sat 26th December	Closed
Sun 27th December	Closed
Mon 28th December	Closed
Tues 29th December	Open as normal
Wed 30th December	Open as normal

Thurs 31st December	Open until 1pm
Fri 1st January	Closed
Sat 2nd January	Closed
Sun 3rd January	Closed
Mon 4th January	Closed
Tues 5th January	Open as normal



Please remember we are always here for registered clients in an emergency throughout the Christmas holiday period - just ring either surgery number and you will be put through to the mobile phone of the vet on duty.



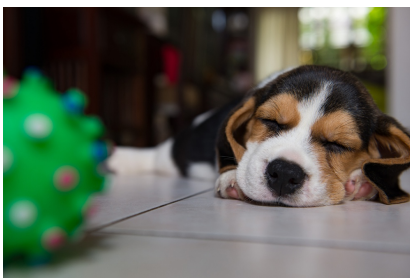
With a huge increase in people buying puppies during lockdown, unscrupulous puppy farmers and puppy importers have profited, by selling poorly bred, low welfare, unhealthy puppies for huge amounts of money. If buying a puppy, please first have a look at the website <https://www.buyapuppysafely.org> and make sure you can spot a dodgy, and possibly illegal, puppy breeder. They are much more common than you think, and go to great lengths to appear legitimate.

Puppies, kittens and children! by RVN Katie Morrison

Getting a new puppy or kitten is an exciting time for the whole family. To ensure children and young animals establish a health relationship, young children must learn to understand their new companion. Unfortunately, some children are bitten by the family pets who do like children, but have become stressed, run out of tolerance or have a number of stress triggers accumulating which leads to an aggressive reaction. Small changes to the household and education can greatly reduce this occurring, keeping the relationship fun and happy. Top tips include:



Creating a safe space Young animals are full of fun and activity, but like us they do need a break. Creating a safe space allows young animals to retreat to a calm and quiet environment. It is important for children to understand that this is their pets 'time out' period or 'sleep time' where they are not disturbed. Safe spaces can be created using rooms separated by a stair gate or using a crate (if trained). Crates should have doors left open to give pets the option to enter or leave. Cats prefer high areas where they feel safest, such as a high scratching post or radiator beds.



Safe interaction Teaching children how to interpret young animal behaviour. This is vital for a health relationship. Teaching children how to approach animals safely and how to identify when an animal is becoming stressed or less tolerant. A good tip is to use one hand when stroking pets. This technique discourages hugs or exaggerated hand movements which can upset and startle, but keeps the interaction appropriate. Body signals such as yawning, wide eyes, head turning away, tail flicking, coat shaking and overall body tension are the first signs of a stressed pet. These signs suggest the young animal did not have a positive interaction. Discourage picking up pets and carrying them. Most young animals find this stressful and with no option to escape, may lead to an aggressive reaction driven by fear.

Let sleeping dogs lie Sleep is important for everyone! If a puppy or kitten is sleeping, leave them to rest.