



TIGGER CLUB NEWS

THE NEWSPAPER FOR THE ANIMAL COMMUNITY.. BY ANIMALS - FOR ANIMALS

www.tigger.club

NEWSPAPER DATE: FEBRUARY 2019

SHOP CELEBRATES IT'S 5 YEAR ANNIVERSARY



Treats2sit4 are celebrating five years in their shop.

To celebrate they are having an open day on the 8th of March to thank all of their lovely friends and customers..

The shop will be closed in the morning s they will be starting their celebrations with a walk for dogs and humans at Nostell Priory, where everyone is invited to join them.

After the walk the shop will be opened at 1pm until 4.30pm.

The shop will have food for dogs and their humans.

There will also be 15% off all products too.



There is a rumour that they had to drink 7.000 bottles of bottom sniffer & pawsecco to get the look they wanted for the shop

For more information you can pop in before the event or ring them.

**4 Chapel Street
Ryhill
Wakefield
West Yorkshire
WF4 2AD
07598971990**

Treats2sit4 started their company in 2012.

It all started with Alfie the whippet who was the most angelic dog ever. Until he reached 18 months old and

became a tempestuous teenager.

He refused to behave during training and play time. So they made their own treats that Alfie instantly behaved for.

They realised other humans must have the same problem so started looking into making treats as a business.

That is when Treats2sit4 was born...

ADVERTISEMENT

K9 Organics

At K9 Organics we know first hand how much our dogs mean to us.

All of our shampoos are made with only natural ingredients, 98% of which are certified organic and we will always be 100% chemical free. Our products are hand blended with love, made in Cheshire and are all eco-friendly and biodegradable.

www.k9organics.co.uk



A MESSAGE FROM TIGGER



Hi readers,
I managed to survive a whole month without any need to visit the vet.
Much to my human's relief .

With all of the ice and snow it has been so tempting to videomy human's attempts to walk on the slippery paths.

I can only describe it as watching a constipated penguin walking on ice BOL!

I now have my shop up and running on my website.

All of the products I sell are carefully selected to offer

natural and healthy, chemical free and are from family run businesses.

The profit raised from sales will go towards keeping my newspaper and website free for everyone to enjoy.

If you would like to place an order , you will need to email me at tigger@tigger.club

Nose bump to you
Tigger

NEWS FROM DORIS - THE ROVING REPORTER



Bonjour my lovelies and a Happy New Year to you all. Something to do with January being a bit gloomy (I like it personally) meant a surprise trip to France.

I'd only just waved off the French contingent of the family after Christmas and here I was back at their house in Montpellier. Bonbon, I'm a lucky hound.

Friends will know that I have been here a few times and I was very pleased to see the motorhome stop in Palavas les Flots, it's fab. Right on the marina and backed by the first lakes of the Camargue (full of chattering flamingos, as noisy as my seagulls!), it's a popular

spot. It's been cold, and in fact one day the marina was frozen over, but the days are sunny.

So leaving our motorhome safely we could enjoy Montpellier. I rode on a tram, sniffed around a market and promenaded through the old town. The tram was exciting and everyone smiled to see me bedecked in my Lilymoo bandana (when in France!) The market, however, was amazing. It was covered with a central café so we weren't sure whether I'd be allowed in. No worries though as the fishmonger happily laughed at me (common in France) and waved us in. What a nose and visual sensation it was, full of squid and cheese and sausages, I almost passed out from excitement. A large slice of brie later and I was manhandled out to walk to the cathedral on the

other side of town, via a biere stop naturally.

The medieval town is very cobbled, a little hilly and very confusing.

A hound could easily get lost (especially one with it's nose on every cobblestone like moi) It's quite incredible though and a photographers delight I'm sure.

Heading home that day I was quite exhausted, a little more cheese and then bed.... yours getting-fat-on-cheese Doris x

<https://dozontour.blog/>



DUSTY'S DIARY



Hi Pals,
I've been enjoying the cold weather over the last few weeks; while the human has been grumbling about her toes freezing, I have been enjoying a good roll and back scratch in the white stuff. I have also (re) discovered that when the weather turns cold, humans like to put tasty bird food outside hanging off the trees.

This food left in the trees, in my opinion, is a case of finders keepers. If they are careless enough to leave a tasty bird

food coconut hanging at greyhound jumping height, we can hardly be expected to ignore such a delicacy can we? I have been doing my best leaps and woofings, but so far this year all I've managed to make off with was a disappointingly empty shell.

I managed to catch one last year, so I'm not giving up yet. I remember it well, it was so delicious I carried it for ages before disappearing into the bushes to devour its contents, and it was even more fun cos the human made it into a game of chase as she wanted to eat the coconut too. Silly woman,

she still hasn't learnt that she can't catch a greyhound with a treat this good!

I'll let you know next month if I succeeded in my mission this year!

Until next time.

Have a pawsome month
Dusty



YODA AND CHEEZLT'S SCRATCHING POST



Hi again, everypawdy!

We hope all of you have had a safe, and calm, and healthy new year so far.

We have been doing good on our goals for the new year. We have gotten off to a great start with our napping and eating...

We are hoping to increase our hours from last year. We are, also, hoping to increase our mischief and trouble making time, as well. The other day, Momma set a garbage bag by

the door, and BoyCat ripped a hole in it. When Momma picked it up, all the stuffs in it fell out.

That was our first garbage bag hole! CheezIt has tried to climb inside of the garbage bag just before Momma takes it out. Since she has caught on to this tactic, we had to try a new manoeuvre. We all like to gather around new bags of treats and food that Momma buys, and put holes in those, too! Momma has caught on to this, as well. So now she puts all our treats and our foods in sealed, plastic containers before we can even get a whiff.

Now we can't sniff them out and rummage through the packaging.

Our catnip is withheld from us, too. How dare she! She gets all fanatic when we pull out the nip with our paw...says we make too big of a mess. She can clean it up! That is how the human servant thing works. She sure is good at ruining our good time! That must have been Momma's new year goal. We hope you all have a good time frustrating your humans like we always do!

Tata for now,
Yoda and CheezIt
(and BoyCat and Butter Bean)

ON THE BOOKSHELF

Billy's Journey

- By Chris Cooper

Billy's Journey is a story of hope and healing. It follows the life of Billy from his diagnosis of Neospora Caninum and his fight to beat the odds and learn to live life again.

You can purchase your copy here:

www.billywhippet.com



How To Be Your Dog's Superhero

- By Dominic Hodgson

Does your dog really love you? Or, like many owners, is your dog only your best friend when you are cuddling on the couch? When you step outside your front door, is he more interested in every passing dog, bird or half-eaten bag of chips that you come across?

Does the mere thought of letting your dog off lead get your heart racing with panic?

Well that's how I used to feel, until I discovered how to control - and train - my dog using play.

Now I enjoy stress-free walks wherever I take him.

You can purchase your copy here:

<https://www.amazon.co.uk/How-Your-Dogs-Superhero>



Could your book be featured here too?

Have you written or are you currently writing an animal book ?

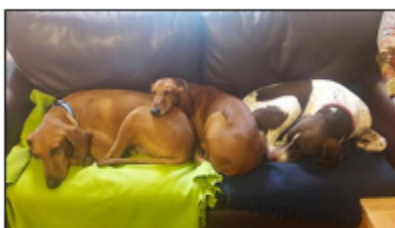
You could be featured here and on my website.

Contact me to find out more at tigger@tigger.club

ADVERTISEMENT



Holidays at Cosaig make you Dog Tired (but they are worth it)



- *Beside a park
- *Enclosed garden
- *Fabulous walks from the doorstep
- *Throws, dog towels, bowls, balls and houndy treats are provided and lots more!
- *local dog friendly pubs



- *Well behaved humans are welcome too!
- *Cosaig is very well equipped, has 2 bedrooms, a wet room and an en-suite shower room.
- *Fancy a trip to Edinburgh? We might be able to dog-sit...just ask!

We donate our charge for dogs to the Scottish Greyhound Sanctuary when rescued dogs come to stay. Mention this advert and we will donate an extra £10.

Follow us on Facebook and @CosaigInners on Twitter



Quote **TIGGER-LUKE** when responding to this advert

PD JAY - THE THIN BLUE PAW



Hello again everyone,

Since my last canine column I have been very busy attending training days and lots of practising what we have learned at the Devon and Cornwall Police Dog School. I am almost five months old and weigh over 27 kilos, everyone comments about how big I will be.

Stew took me to the local primary school; one of the classes is going to follow my training all the way through to me being a fully trained Police Dog. All of the classes want to follow me – there is fierce competition!

We attended school assembly with 403 children looking at me! Stew explained to the children about my training and the best way to approach and stroke me.

We also had an invite to the local Beavers, again Stew told the children all about me – they were mesmerised by me. I am very popular in town,

parents know my name and stop and chat to me.

A few days before Christmas we had our dog school Christmas party. There were 13 pups of all different ages. It was doggy mayhem!! The older dogs wanted to fight each other, they had to be split up and paired up with the younger pups – it got a tad calmer after that. The canine development officer had all 13 pups tracking at the same time – he said it had to be a first.

I had a really nice Christmas, I had a jumbler ball, a squeaky pheasant, a small squeaky ball and a ball on a rope – these last two presents lasted all of five minutes!

Here's a picture of me making Christmas wrapping paper into confetti!



I am progressing well with tracking, the trail is being made more difficult by twisting the track and having a crosswind over the track.

Here's a picture of Stew and I receiving instruction from the Devon and Cornwall Police canine development officer.



At my last training day we were put through our paces, tracking, sit and stay and recall. The canine development officer said I am doing very well – Stew is very pleased and proud of me – I am more focused than the other pups on the programme.

Stew took me on a bus for the first time – Stew said I did very well. I am good at ascending and descending stairs – that said I don't like to go on open stairs.

Stew said we will have to work on this to gain my confidence.

When Stew and I go walking I love to go to the river, here's a photo of me having a paddle on a crisp frosty morning.



When we go walking Stew likes to incorporate recalls and sit/stay training – not too much

PD JAY - THE THIN BLUE PAW (CONT.)

though, he has found the right balance of work and play.

I like to help Stew as much as possible, here I am helping him put away the garden furniture for the winter.



I do like to climb on things.



At my last training day I met a new member to our training group, her name is Rana.

Rana is an all black Belgium shepherd.

Rana actually came over from Belgium about four weeks ago, I made her feel very welcome - between play fights!

I have to close now as I have had a long tiring day.

So until next time,
Jay

ADVERTISEMENT



Not sure which of our treats to try? Try our Starter pack of 6 delicious air dried treats.

Our handmade training treats are available to purchase now, either online or in our pet shop! The perfect training treat that are not only healthy & natural they are made right here in the U.K.

www.treats2sit4.co.uk

07598971990

Quote TIGGER-TREAT when responding to this advert

TIGGER INVESTIGATES...INSECT DOG FOOD

One of my readers (thanks Olly) told me about dog food made out of insects.

They also suggested that I should buy some to review and let everyone know what it tastes like.

So after some sniffing around I managed to contact Dolly, the top dog at Yora Petfoods that produce dog food made out of insects.

Dolly was happy to be interviewed and even nose bumped her staff to send me out a complimentary bag of food to taste and review. Woo Hoo!

The interview:

Why insects?

Insects are one of the most underused sources of protein in the west, they have been part of the natural human and animal food chain since the dawn of time, they've just gone out of fashion and we are bringing it back!

Not only are our grubs super delicious they are also an excellent source of protein, fats and minerals.

All required to make sure us pets are super healthy! The main reason we use grubs is because of their sustainable status.

Most farm animals are fed

grain and crops that need large amounts of energy and land to grow... our grubs are fed leftover food waste, and they use a tiny fraction of the energy, water and land compared to traditional farming methods.

Where do you source your insects?

(Visions of staff running through fields frantically waving giant nets around)

Our insects are farmed at an ultra-high tech farm in Holland, they're raised in special chambers that mimic their natural environment and they grow at a phenomenal rate!

A single teaspoon of insect eggs turns into about 100kg of protein in just 2 weeks.

The best bit is once they've worked their way through all that leftover vegetable matter, what's left over is an incredible fertiliser that can be used to grow more crops!

Are the insects added whole?

(visions of staff cutting the meat off a cricket)

Our grubs are 14 days old when we use them for Yora, they are in their pre pupae stage so look a bit like short gummy worms.

We use whole grubs, a grub meal - which is made from dried ground grubs, and insect

fat which is super high in Omega 3 and 6 and wonderfully nourishing. But customers don't need to worry, it looks just like regular dog food when it's in the bowl :)

As insects are tiny, does that mean I have to eat tons to get the same calorific value for my daily requirements?

Not at all... a kilo of our grubs would have roughly the same amount of protein as a kilo of chicken, only in our opinion it's a lot more animal friendly because we're saving all those chickens!

Will it be safe for animals with dietary restrictions?

We actually recommend it for dogs with delicate tums.

Many pet owners have got in touch to say that it has worked wonders on their pets who have a conventional meat allergy.

Because insects are a novel protein source animals have not had an opportunity to develop an intolerance to it and it's actually easier to digest than chicken.

We would always recommend you check the ingredients if your pet has an allergy to make sure they aren't eating anything they shouldn't be.

TIGGER INVESTIGATES...INSECT DOG FOOD(Cont.)

Does it taste like insects?

Yes it does, and it turns out that dogs absolutely love the taste!

If you want to know, the grubs have a slightly mushroomy taste.

Are there any other things added?

Yes, we have blended nutritious slow release carbohydrate sources like potatoes and oats, along with carrots, beetroot, seaweed and natural botanicals.

"Each ingredient added benefits the dog" says our expert Nutritionist, Will.

Do you have different flavours? Or will you be adding different flavours?

We are working on a range of new flavours, we also have treats and Cat food on the way so keep your eyes peeled for updates on our social media channels and website.

Is there any other important information you would like

mentioned?

Yora is an all breeds complete food that does not require supplementation however that's not say that the occasional treat and chew wouldn't go amiss!



PRODUCT REVIEW—YORA PET FOOD

Yora Pet Foods sent me a free bag of their food to test to go with the article.

Product(s) Received:

1 x bag of Yora Pet Food

Products Used:

Yora Pet Food

Packaging:

It feels like recycled paper, several layers to keep the food fresh. With a sealed plastic type inner where the food is. Both the bag and the lining are fully compostable.

The feeding guide and ingredients are clearly placed on the packaging.

Although my human, being an ancient relic, either needs longer arms or the print to be a bit bigger.

Using the Product:

1. Earthy smell - not unpleasant but also no artificial smell to make it seem more attractive.

2. Surprisingly the food is little triangle shaped kibble. There are no artificial colours.
3. Nice and crunchy

Personal Observations:

1. I was pleased to see that when poured I did not get a bowl full of insects.
2. I have eaten Yora pet food for a week now and I have no adverse reaction or refusal to eat it.
3. My *ahem* luff puffs still do not smell, much to the relief of my humans.
4. Also much to my human's relief their poop bag duties are easy as I still have nice firm deposits for them to collect.

Overall Product Rating:

I was surprised how 'normal' it looked even though it is made from insects.

It was a relief to see it had no artificial colours or flavours.

The thought of eating more environmentally sustainable food

would appeal to a lot of humans.

Would I buy the product myself:

Well there is the crunch pals, if I was not honest you would not value my opinion. Even though i was given a free bag to trial I do have to say the cost is the problem with me.

Perhaps in the future when my budget could sustain it, I would definitely look at changing to Yora Pet Food full time.



IN THE KITCHEN

Article: By Fred and Tess

We hope you like our cinnamon bun Gotcha Day cake.



Cinnamon Bun Gotcha Day Cake

Ingredients:

230g whole wheat flour
35g cranberries, chopped
120ml milk
60ml olive oil
2 tbsp honey
1 egg, large
1 tsp baking powder
1tsp cinnamon
Pinch of salt

Icing:

55g light cream cheese
2 tbsp milk

Method:

Preheat Oven to 170 (fan)

1) In a bowl, combine flour baking powder and salt.

2) In a separate bowl, stir together milk, oil and egg. Add to the dry ingredients and stir until you have a soft dough.

3) On a lightly floured surface, roll the dough into a rectangle that measures approx. 8inch by 14inch.

4) Drizzle with the honey and sprinkle with the cinnamon and cranberries.

5) Starting from a long edge, roll up (like a swiss roll) and pinch the edge to seal.

6) Using a serrated knife, slice half an inch thick and place slices cut side down and close together on a non-stick baking sheet. (so when they cook and expand, they make a cake shape) .

7) Bake for 15 minutes until they spring back when touched.

8) Mix the cream cheese and milk together ready to ice the cake.

9) Cool completely before spreading with the icing.

Storage:

Store in fridge for a week or portion into doggy bags for your doggy friends.



If you have a recipe to share, email it to me at :

tigger@tigger.club

ANIMALS WITH CAREERS - DUNCAN THE PONY

Tell me a bit about yourself

I am about 19 years old and I am a pony.

Previously I lived with a lovely family but as the small human grew up they became too big to ride me so for the past two years I have lived at Stepney Bank Stables.

How many horses and ponies live with you?

I live here with 22 stable mates.

Some are owned by Stepney Bank Stables and some are owned by individual families that arrange for them to live here.

Do you have a best friend?

Although I do prefer my own company I do have a best friend who is called Chester.

Do you get time off?

Every day when there are no public around we get to run around and play together in small groups in the indoor arena.

At least once a week we are taken in the horsebox to a huge field, where we spend the day running around and relaxing outdoors.

The horse box only carries four of us, so we take it in turns so that everyone can enjoy a day outside in the field.

So I get plenty of free time to play and socialise with my stable mates.

What is your role?

I have two roles at the stables.

My first role is letting humans ride me.

This is fun as I get to meet loads of new humans and they all have different riding levels.

Each day is fun and exciting as I could be helping a human with their first riding lesson or galloping around with an experienced rider.

We can take humans around the indoor arena or outside on the roads to teach them about riding outside.

There are also grooming lessons for the humans which are sometimes funny as some humans are not used to being so close to us.

My second role is much more rewarding for both myself and the humans riding me.

I was assessed and passed as being calm and suitable as a hippotherapy pony.

This involves me helping disabled humans exercise their muscles. Which involves a lot of stopping and starting, which I don't mind.

I recognise each of the humans that ride me and I move differently for each one, so that they benefit and enjoy their session.

Do horses and ponies have a

retirement age?

There are no set rules about retirement. It all depends on the individual and what their role is.

As I am about 19 years old and still feeling energetic I could keep going until I am 30 or older.

The staff at Stepney Bank Stables are great at looking out for our health and welfare.

Any time we are looking a bit under the weather or are having an off day, they let us relax and take the day off.

As I get older I will probably stop doing lessons where I can gallop around and focus more on beginners and hippotherapy where I can take a leisurely walk around the indoor arena. Hopefully it will be a long time before I get to that stage.



More information about Stepney Bank Stables:

Website:

www.stepneybank.co.uk

Email:

hello@stepneybank.co.uk

TIGGER ADVERTISEMENT

Tigger's Gift Bags



Ever wondered what to buy for Birthdays,
Gotcha Days, Christmas or even just to
treat yourself or someone else?

I now sell Gift Bags.

Lilymoo

Embroidery work done by: [FizzBiz](#)

Include the code
TIGGER-LILYMOO

with your next order and you will receive a
copy of my newspaper too!

K9Organics



Include the code

TIGGER-BATH

with your next order and you will receive a
copy of my newspaper too!

Treats2sit4

Include the code
TIGGER-TREATS

with your next order and you will receive a
copy of my newspaper too!



ANNOUNCEMENTS

Birthday and Gotcha Announcements



Jasper will be celebrating his 3rd Gotcha Day on the 1st February



Duke is celebrating his 3rd Birthday on the 2nd of February



Roscoe will be celebrating his 3rd Gotcha Day on the 8th February



Rosie and Freddie will be celebrating their 4th Gotcha Day on the 8th February



Cassie will be celebrating her 1st Gotcha Day on the 15th of February



Doris will be Celebrating her 9th Gotcha Day on the 17th February



Monty will be Celebrating his 4rd Gotcha Day on the 24th February



Birthday and Gotcha Announcements (cont)



Tigger (yup me!!) will be Celebrating his 4th Gotcha Day on the 27th February



Dusty will be celebrating her 2nd Gotcha Day on the 28th February



Rainbow Bridge Announcements



Gatsby crossed the Rainbow Bridge on the 28th January 2019
Run Free Gatsby



Memories Announcements



Blue crossed the Rainbow Bridge on the 14th February 2015
Still missed. Run Free x 12th August 2007 - 14th February 2015



Bluebell crossed the Rainbow Bridge on 19th January 2018

Run free Bluebell from Rosie and Freddie x



OUT AND ABOUT

THE ALLOTMENT - INNERLEITHEN



Credit:
Luke

samples for themselves

should be easily navigated.

Parking:
On the street outside

Contact:
Tel: 01896 830477

Notes:
There is no step with a Single width door frame giving a smooth single level entry. Inside the shop the main area is kept as clear as possible for humans with limited mobility, however during busy periods it can become quite crowded.

Email:
theallotmentfruitandveg@gmail.com

Social Media page:
<https://www.facebook.com/Innerleithen/>

Address:
The Allotment
1 High Street
Innerleithen
EH44 6HB

The Allotment is a fruit and vegetable shop that was opened in 2011.

It is run by Hazel and Susan and their aim is to provide fresh, seasonal fruit and vegetables at competitive prices

Dog Friendly:
Dogs are allowed inside as long as they do not sneak any free

Outside there are pavement furniture but as the pavement area outside is large, they

LOU LOU'S VINTAGE EMPORIUM - INNERLEITHEN



Credit:
Luke

Dog Friendly:
Dogs are allowed inside

Outside there are pavement furniture but they are set out to provide easy navigation

Parking:
On the street outside

Social Media page:
<https://www.facebook.com/LouLousVintageEmporium/>

Notes:
There is no step with a Single width door frame giving a smooth single level entry. Inside the shop the main area is kept as clear as possible for humans with limited mobility, however during busy periods it can become quite crowded.

Address:
Lou Lou's Vintage Emporium
42 High Street
Innerleithen
EH44 6HF

Lou Lou's Vintage Emporium opened in 2016.

It is run by Louise and sells Womens Vintage Clothing, Accessories, Jewellery, Homewares and Upcycled Furniture.

OUT AND ABOUT

LOULABELLESWEET TREATS - INNERLEITHEN



Credit:
Luke

Loulabelles Sweet Treats opened in 2018.

It is a cafe that sells cakes of all varieties including vegan and gluten free.

Dog Friendly:

Dogs are allowed inside and we are even known to throw the odd dag pawty too.

Parking:

On the street outside

Notes:

There is no step with a Single width door frame giving a smooth single level entry.

Inside the shop the main area is kept as clear as possible for humans with limited mobility, however during busy periods it can become quite crowded.

Outside there are seats but as the pavement area outside is large, they should be easily navigated.

Contact:

Tel: 01896 830374

Email:

loulabellessweet-treats@gmail.com

Social Media page:

www.facebook.com/LoulabellesSweetTreats/

Address:

Loulabelles Sweet Treats
12 High Street
Innerleithen
EH44 6HA

TRAQUAIR HOUSE - INNERLEITHEN



Traquair is Scotland's Oldest Inhabited House. It has been lived in for over 900 years and was originally a hunting lodge for the kings and queens of Scotland.

In 1491, it was gifted by the Earl of Buchan to his son, James Stewart, who became the 1st Laird of Traquair

Dog Friendly:

Dogs allowed on lead across the site.

Open: Seasonal-check website

Entry Charge:

Range of prices - see website

Parking:

Parking on location

Facilities:

Shop
Toilets
Restaurant
Maze

Notes:

Unfortunately the house is not fully accessible by

wheelchairs but a 15 minute (approx.) video of the history of the family and a tour of the site.

The grounds are tarmac, maintained lawns and the woodland walk is in the process of being fully wheelchair accessible.

Contact:

Tel: 01896 830323

Email: enquiries@traquair.co.uk

Website:

www.traquair.co.uk

Traquair House
Innerleithen, Peeblesshire
EH44 6PW

Thank you for reading
I hope you enjoyed it
Let me know what you thought of this publication.

You can contact me by email at:
tigger@tigger.club

Or you can follow me on:
Twitter, Facebook, Instagram. LinkedIn: as Tiggers_Tails



You can read this newspaper FREE from my website: www.tigger.club
Or you can also visit selected dog friendly stockists to read or get a printed copy:

- | | |
|---|------------------------------------|
| * Pulp Fiction Future Foods - Whitley Bay | * Voicemail Mobile Phones - Blyth |
| * Cupcake Lane - Wolverhampton | * Woodbridge Emporium - Woodbridge |
| * Brown's Salthouse - Cullercoats | * Cadwaladers (7 stores) |
| * Treats2sit4 | * Cosaig Self Catering |
| * The Copper Kettle Tearooms - Bamburgh | * Doggie Diner (3 stores) |
| * Castaways Tea Shop - Seaton Sluice | * Keel Row Pub - Seaton Delaval |
| * Doggy Delish - North Shields | * Lilymoo Canine Couture |
| * The Three Horseshoes - Blyth | * Canine Camp |
| * The Pet Den - Kingston Park, T&W | |
| * Chesterfield Hydrotherapy Referral Centre | |

Contact me at tigger@tigger.club if you are interested in placing an advert
or becoming a newspaper stockist



NOTE: There is a charge to place an advert in this publication
Events and Announcements are listed **FREE**
Email me for more details: tigger@tigger.club



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