



Paws For News

Monthly Events, news & offers

Welcome to our Newsletter!

Hello to all our new readers! Thank you for signing up to receive our quarterly newsletter. Each quarter we bring you our news, keep you up to date with future events, share stories of our kitty adventures, bring you product reviews, share tips and advice and let you know of any offers and competitions we will be having.

Topic of the month – Hot Weather & Pollen Allergies in Cats

Keeping your cat cool and happy!

Now the summer seems to be well and truly here don't forget to spare a thought for your cat as they will be struggling to stay cool in the heat just as much as all of us.

*Make sure they have access to clean water at all times, change it 2-3 times a day. Maybe when it is very hot put a couple of ice cubes in it for them.

*Don't leave any wet cat food out in between mealtimes as flies will very often lay their eggs in it which can cause worms in a cat if eaten.

*Cats very often get upset stomachs in the heat and may need your help to keep themselves clean especially if they are older. Although unpleasant it is important to do this as, again, flies can lay eggs in the area, maggots can develop and find their way into your cat which can be extremely serious, possibly even fatal.

*If your cat is moulting or long haired it is important to brush them daily as this will help prevent fur balls as well as keeping them a little cooler.

*If you have a white cat or a ginger cat put sun cream on their ears every day, it can help to prevent skin cancer developing as they do burn in the sun.

*Depending on where their favorite spot is you can place a cooling mat or a damp towel there, an umbrella or a slowly rotating fan might also help. I also put boxes outside, so they have somewhere shaded to lay.

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Pollen Allergies in Cats

Did you know that, like humans, cats can get pollen allergies too? Our cats can indeed become susceptible to environmental triggers and inhaled substances that cause allergies. Some cats may not develop these allergies until they are older, while for other cats their allergy symptoms may be exhibited early in life.

If left untreated, these pollen allergies can turn into skin itchiness, skin lesions, skin infections and respiratory symptoms including cold-like signs, which can become chronic. But what can you do to recognize and treat your cat if they have environmental allergies?

Symptoms to look out for -

These are the most common signs of pollen allergies in cats:

Scratching at skin and ears

Over-grooming

Head shaking

Ear infection or odour

Chewing on their paws

Vomiting or hair balls

Hair loss

Sore-like lesions on the skin (also called eosinophilic plaques)

Crusts on skin

Lethargy

Irritability

Scratching at the eyes

Watery eyes

Runny nose

Excessive coughing or sneezing

If you notice your cat showing any of the symptoms associated with allergies, it is time to see the vet, who will thoroughly examine your cat to rule out or differentiate between any environmental triggers, food ingredients, or skin parasites that may be responsible for the symptoms. It is best to provide your vet with a thorough medical history, including if there have been any changes to your cat's housing, diet, bedding, or if there have been other changes within the home environment.

Leaving for a Summer Holiday!?

Holiday season is upon us and unlike us cats dislike the change that holidays can bring. Most cats hate catteries, unless they have been used to going from a very young age but most of the time putting your cat in a cattery can cause them a great deal of stress. Cats are territorial animals and fairly solitary. Putting them in an unfamiliar environment, perhaps with other cats around them, can make them very unhappy and lead to them stopping eating. Unfortunately, unlike dogs they find it difficult to adjust to new surroundings – hence why cats are rarely taken away from their home.

If you decide to use a pet sitter while you're away, you need to be clear about your pet's requirements. You might like to use this checklist, which covers the kind of information to leave your chosen carer:

- 1) The best way to socialise with your cat – is she OK with being picked up and stroked?
- 2) Information about your cat's usual routine, such as how often she goes outside or when she normally sleeps.
- 3) Her favorite toys (and where to find them when they've been hidden!).
- 4) What kind of food your cat needs, how much to give, and preferred times of feeding
- 5) Her favorite treats, and how often to allow them. If you don't want your pet fed between meals, say so.
- 6) Any medication your cat might be on and how to administer it.
- 7) Any conditions that the carer should be aware of, and how to spot the signs of illness.
- 8) Your vet's contact details for emergencies.

Cats can also be very sensitive to the pre-holiday hustle and bustle – they are canny creatures and can sense when something's up. Try to keep your preparatory activity calm – avoiding the frantic, last-minute 'packand-dash' will help keep everyone's nerves in check. Plug-in pheromone diffusers can also help to create a soothing atmosphere in the house and reduce any stress felt by your cat.

Which cat spirit are you?

Ever wondered which resident cat you are most like?

Well now you can find out.

We have a personality test available on our website to find out which cat spirit you are, will you be the life of the party like Emmy or are you more of an introvert like our Luna.... Find out now by visiting our website and going to our news section.

www.pawsforthoughtcatcafe.com



News & Events

Summer Quiz Evening

Join us on Friday 4th August for our summer evening event where we will be hosting an evening of mock'tails, some classic games for you to get involved with other customers and a general knowledge quiz with a prize to be won.

Our normal menu will be available to order from and of course the cats will be here to accompany you on this fun summer evening event.

Tickets are £15pp and the evening is 6:30-8:30pm

*Discounted price for members is £10pp and you will have early access to book your place.

To book, you can go online or call us on 01794511424.

*Please note our evening events are for adults only



5th Year Anniversary

This year it will be 5 years since we opened our cafe with our first four cats, Nala, Kiara, Lina, and Xena. Our cafe has gone through many changes since then: we added four more cats to our family, we added a cat enclosure to allow the cats an outside space and Emma, the owner welcomed her own baby into the world too.

Over the past 5 years we have met thousands of you cat loving people, we have made friendships, memories, we've listened to many stories and shared tips with each other and remembered those cats that are sadly no longer with us. We have rescued over 100 cats and re homed them to their forever homes, we have held many events and raised money for other charities. We have been through a pandemic and with your support we have come out the other side.

To celebrate 5 years since we first opened, and to thank all of our customers for giving us continuous support, we will be celebrating on Saturday 30th September and Sunday 1st October. There will be lots of treats, competitions and lots more. To join us in celebrating, book in now to join us in celebrating the 5 years of Paws For Thought.