



THE SANCTUARY ANGELS

FIVE TOP TIPS TO HELP ANIMALS

www.sanctuaryangels.co.uk

1) Reduce meat and animal products in your diet. Why not try Paul McCartney's Meat Free Mondays (www.meatfreemondays.com), or consider a **vegetarian diet** (www.vegsoc.org). The next logical step is **veganism**, a wholesome, healthy and disease-busting diet that is less damaging to the environment and free of all animal products (www.vegansociety.com). Look out for the Vegan Society logo (below). Don't forget that **leather, wool, silk** etc. are all animal products. There are plenty of alternatives available both online and in the high street (just check the labels) that don't involve animal exploitation and cruelty in their production.



2) Buy products (cosmetics, household products etc.) that are not tested on animals and also vegetarian or preferably vegan. Look out for the BUAV (www.buav.org) leaping bunny. Products bearing this logo are certified 'cruelty free', meaning that no animal testing is conducted or commissioned for finished products or ingredients in any phase of product development by the company, its laboratories or its suppliers after a fixed cut-off date. Superdrug, M & S and the Cooperative's own products all carry the leaping bunny, and many are marked 'Suitable for Vegetarians' or 'Suitable for Vegetarians and Vegans'. Visit www.gocrueltyfree.org for a full list of BUAV approved companies. You can also search for products certified vegan on the Vegan Society website (www.vegansociety.com) on the View Trademark Products page.



3) Rather than visiting circuses, zoos or safari parks (where animals are kept in confinement, on public display and routinely suffer symptoms of mental distress), observe animals in the wild and in their natural habitats or in sanctuaries where welfare, rather than commercial enterprise, is key. Great places to visit unexploited animals are Monkey World Ape Rescue Centre, Dorset (www.monkeyworld.org); Hillside Animal Sanctuary, Norfolk (www.hillside.org.uk);

Freshfields Donkey Village, Peak District (www.donkey-village.org.uk); or the Donkey Sanctuary, Devon (www.thedonkeysanctuary.org.uk). Don't forget that **horse/greyhound racing, fishing/hunting are fundamentally cruel.**



4) Many major high-street charities conduct or fund animal experiments, including Cancer Research UK, the British Heart Foundation, Parkinson's UK and the Alzheimer's Society. Consider supporting those that use only non-animal medical research techniques such as micro dosing, computer modelling and MRI scans, techniques that allow scientists to obtain data that is accurate and relevant to human health, and therefore more likely to lead to effective treatments. For more information, visit www.drhadwentrust.org, the UK's leading medical research charity that funds and promotes techniques and procedures to replace the use of animals in biomedical research and testing.



5) Rescue/adopt an animal, rather than buying from a commercial breeder; neuter, microchip and insure your companion animal. The pet trade is big business and knowingly creates a deficit of hundreds of thousands of over-bred, unwanted pet animals in an already saturated market. Breeders make money whilst the animals suffer: females endure repeated pregnancies and their offspring are often sold to people unable to care for them. Rescue facilities face increasingly desperate times, with growing demands placed upon them to assist abandoned pet animals. Visit www.sanctuaryangels.co.uk for more information.



USEFUL RESOURCES:

Animal Aid, www.animalaid.org.uk

BUAV, www.buav.org

Dr Hadwen Trust, www.drhadwentrust.org

Four Paws, www.four-paws.org.uk

Naturewatch, www.naturewatch.org

The Sanctuary Angels, www.sanctuaryangels.co.uk

The Vegan Society, www.vegansociety.com