



Rutland Veterinary Centre  
Kings Veterinary Centre



# NEWSLETTER

December 2025

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## Welcome

Welcome to the Rutland and Kings newsletter. We hope you enjoy reading more about what the team get up to and hopefully find the content to be interesting and informative. As always we welcome any feedback or suggestions for future issues.

## Weekend Update

After Christmas we will be making some changes to our opening hours. The Harborough branch will no longer open on Saturday mornings and whilst we truly appreciate the convenience Saturday openings have provided for our Harborough clients, this important adjustment centralises our staff, allowing us to provide a higher quality and more efficient service. Saturday morning consultations will still be available at our Uppingham and Melton branches, and both locations will continue to offer 24/7 emergency services to ensure your pets' needs are always met. We will also be expanding our postage provision in January to ensure that you can conveniently receive your pets' medications direct to your door.



As many of you may know, Rutland and Kings Veterinary Centre became part of Linnaeus earlier this year. Since joining Linnaeus, we have already enhanced the quality of care we offer our clients through investments in technology, equipment, and personnel. Some notable improvements include the introduction of advanced multiparameter machines, access to a broader range of staff continuing professional development (CPD), investment in a new hospital facility in Melton, and an expansion of our out-of-hours services.



# NEW Hospital!

We are pleased to announce that we are in the process of relocating our Melton Mowbray practice to a new purpose built facility a stones throw from our current site. The new practice is due to open in Spring 2026.

We believe we have thought of everything when designing the new space which will include dedicated client parking, separate dog and cat waiting rooms and hospitals, 5 consulting rooms, two theatres and dedicated rooms for dental and x ray facilities!

Our aim is to create a welcoming environment that ensures the comfort and care of both our patients and their owners. The new hospital will also feature advanced diagnostic equipment, including a CT scanner, to support the best possible outcomes for your beloved pets.

## Dedicated night vet team

Our facility will be fully staffed around the clock, with a dedicated night vet and nurse team ensuring that care is always available. We will also be able to offer ambulatory services for our clients' pets, providing transportation to the hospital from our other branches.

Unlike other out-of-hours services where pets may move between locations, our facility will ensure that pets remain in one place for the duration of their stay.

**We can't wait to welcome you to our new facility!**



## Winter worries

### Weight Watchers:

With the onset of winter weather, it's very tempting for pets to snuggle up at home, go on fewer walks, and in the process gain some extra weight. Unfortunately, carrying extra weight can lead to, or worsen, many conditions including:

- arthritic joint problems
- heart disease (putting the heart under increased strain),
- raised blood pressure
- diabetes (a particular risk factor in cats)
- decreased stamina and heat intolerance.

You may need to consider reducing your pets food slightly or doing more at home activities and games!

### Arthritis

Arthritis is very commonly first diagnosed in older patients during the winter months. This is because the lower temperatures seize up the limbs and make the symptoms of pain and stiffness more obvious. Look out for pets hanging back on walks, stiffness in the mornings or them being reluctant to go out. Most pets will really benefit from anti-inflammatory medications, but you can also help by giving them joint supplements and lovely soft beds!

**Please ask the team if you have any concerns about your pet, such as weight or age related changes, we are here to help!**



### Outdoor Pets:

Don't forget about smaller pets who live outdoors. Make sure rabbits and guinea pigs have well insulated hutches, plenty of bedding to snuggle down in and check their water twice daily to ensure it hasn't frozen!

# Festive frights!



## OUT AND ABOUT



### DARKER MORNINGS & NIGHTS

Ensure your and your dog are visible when walking with reflective leads, collars and lights.



### ICE, SNOW & GRIT

Ice and snow may get caught in the space between your pet's toes which can cause frostbite. Salt and other chemicals used to grit roads and pavements can also be an irritant to your dog's pads, especially if they have any small abrasions.



### FREEZING TEMPERATURES

Slim pets and those with a short hair coat can feel the cold and you may find that as your pets get older they start to feel the cold more.



### ANTIFREEZE

Ethylene glycol, as it's officially known, is highly dangerous. It is sweet tasting and palatable and even a relatively small quantity can cause potentially fatal kidney damage.

## FOOD AND DRINK



### COOKED BONES

Once cooked, bones become brittle and splinter easily. They can pierce your pet's digestive tract or cause obstructions.



### DRIED FRUIT

Christmas pudding and mince pies contain dried fruit. All grapes, raisins, currants and sultanas and food that contain them are toxic to cats and dogs.



### SWEETENERS

One sweetener in particular, xylitol, is found in many foods, including some cakes. Ingestion can lead to potentially fatal hypoglycaemia, acute liver disease and blood clotting.



### ALCOHOL

Alcohol is significantly more toxic to dogs than humans and may cause vomiting, diarrhoea, difficulty breathing, tremors, coma and even death.



### BLUE CHEESE

Most blue cheeses contain a substance called roquefortine C, which dogs are sensitive to.



### ONIONS

Can cause stomach irritation and lead to red blood cell damage and anaemia.



### CHOCOLATE

Chocolate contains a stimulant called theobromine that's poisonous to dogs.

## AT HOME



### CHRISTMAS TREES

Pine needles can cause mild stomach upset and in severe cases can perforate the intestines.



### CANDLES

Candles can burn paws and noses and can fall over if brushed against.



### BATTERIES

Ingestion can cause heavy metal poisoning.



### DECORATIONS

Fairy lights, glass baubles and tinsel are all new and interesting but can be hazardous if played with and chewed.



### SILICA GEL

Commonly found in packaging, while typically non-toxic they can cause blockages in the gut.





# Staff spotlight

**Helen is one of our fantastic vets working across our Kings branches, here is a little more about her career so far:**

I graduated as a vet from Bristol university in 2000 and went straight into mixed practice for 8 years. In 2008 I decided to focus on small animals and continued in full time practice as well as working in an Out of Hours emergency clinic. In 2012 I also began doing some clinical teaching at Nottingham Vet School, and in 2016 began working full time there, both lecturing all years and teaching final year students in practice, supporting them as they began consulting and doing surgical procedures. Whilst at university I also became the disability liaison officer, helping students with a wide range of disabilities and learning differences. I developed a particular interest in neurodiversity, as it is estimated up to 85% of vet students are neurodiverse.

As well as conducting 1 to 1 sessions, I worked with colleagues to run strength building workshops and ultimately published a paper in strength building for neurodiverse vet students which you can read [here](#).

At the end of 2024 I realised how much I was missing practice, and saw an opportunity at Kings Vets. I began my role in April 2025 and love it! I'm mainly based at Melton and Syston but also occasionally work at other branches. The dedication to patient care is clear across all the practices, I feel very lucky to be working with such great teams. I have a particular love of sighthounds, including my own Saluki, Buddy. I love travelling, walking and being a Brownie leader, but my main passion in life is and always will be all creatures great and small.



Dr Helen Reed BVSc MRCVS

## Lifetime Care Club

Quality care made more affordable with convenient monthly payments

### Membership provides your pet with:

- Annual vaccinations and health check
- Year round flea and worming\*
- Monthly nurse checks
- Discounts on consultations, selected procedures, long term medications, food and pet shop products
- Rabbits benefit from Reargard treatment and a monthly bag of hay or pellets

\*Dogs and cats only

To find out more, sign up and start saving money head to our website:

[Rutland](#)

[Kings](#)

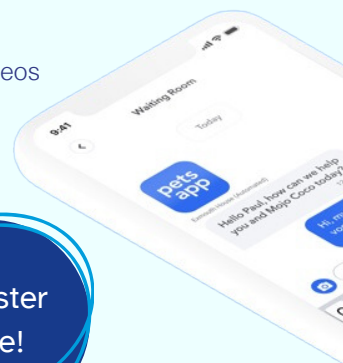
## Book Online!

Need an appointment?

... why not book online through our website or by downloading our app - PetsApp

### With PetsApp you can:

- Send and receive pictures and videos
- Book appointments
- Order medication
- Ask for advice
- Request invoices
- Make secure payments
- Give us feedback



Register here!

### MARKET HARBOROUGH

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[harborough@rutlandvets.co.uk](mailto:harborough@rutlandvets.co.uk)

### PRIORS HALL

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### UPPINGHAM - 24/7 OOH

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### SYSTON

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### MELTON - 24/7 OOH

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This newsletter is provided as an informal information service to our clients who are interested in what goes on at the practice. The information contained should not be treated as a substitute for veterinary advice. Please contact the practice if you have an issue with your pet.

