



Extraordinary.
Unique.
Perfect for you.

Getting ready for your RSPCA rescue cat



Your cat's details

Name:

Age:

Description:

A little bit about them:

What food they are being fed:

Your notes:

Your RSPCA contact details:

RSPCA branch/animal centre:

Telephone number:

Don't forget to:

- Register with a local vet.
- Make sure your house is free from hazards – see page 9.
- Arrange pet insurance. See page 4 for how to protect your new pet with four weeks' free insurance.

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Find lots of information on caring for
your new cat at: www.rspca.org.uk/cats





PET INSURANCE

CARING FOR YOUR PETS

Underwritten and provided by Covea Insurance plc

Protect your new pet with RSPCA Pet Insurance

We know the first few weeks of your pet settling into their new home can be challenging – that's why RSPCA Pet Insurance offers your pet four weeks' free insurance.

WHAT'S INCLUDED:

Vet fees cover, up to:	£2,500
Treatment period	Max per condition
Exclusion period	None
Third-party liability	✓
Farewell cover	✓

Visit: www.rspca4weeks.co.uk to sign up

Remember to apply within five days of adopting your new pet to activate your four weeks' free insurance.
Your insurance will start as soon as you activate your insurance.

RSPCA Pet Insurance is administered and underwritten by Covea Insurance plc. Covea Insurance plc is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. It appears on the Financial Services Register under number 202277. Registered Office Address: Norman Place, Reading, Berkshire, RG1 8DA. No. 613259 RSPCA Pet Insurance is a trading name of Covea Insurance plc. The RSPCA is an Introducer Appointed Representative of Covea Insurance plc
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Thank you

for choosing to adopt a cat who has been rescued by the RSPCA.

The next stage of the process is to help you get ready to welcome your new cat into your family. We will arrange for one of our Adoption Support Volunteers to visit you and your family at your home. They will discuss with you any specific needs that your cat has, and suggest any adjustments to your house, garden or lifestyle that may be needed to help you and your rescue cat settle into a safe, secure and happy life together.

Introducing a new cat to your home will be exciting, rewarding and, at times, challenging. It may take quite a while for your new cat to settle into life with you, but don't worry – everyone encounters some tricky bits with their new cat and remember you are not alone – we are here to support you.

Each of the cats in our care comes with a story. Some may have been a victim of cruelty, others are unwanted or abandoned, and some may never have experienced life in a loving, family home, until now. Your cat may not be perfect, but they will be perfect for you.

If you have any questions, please do not hesitate to get in touch with the RSPCA centre you've been dealing with.

RSPCA Rehoming Team

THE ANIMAL WELFARE ACT 2006

All animal owners are required by law, under the Animal Welfare Act, to care for animals properly by meeting their five welfare needs.

These are:

-  1. a suitable place to live;
-  2. a healthy diet, including clean, fresh water;
-  3. the ability to behave normally;
-  4. appropriate company and
-  5. protection from pain, suffering, injury and disease.

Preparing for your RSPCA rescue cat

What to buy

If you're a first time cat owner, here's a guide on what to buy, and what you'll need to think about before your RSPCA rescue cat comes home. We can advise what's best to suit the needs of your cat.

- **Food**

You should continue with the diet that your cat has been fed at the RSPCA centre as sudden changes in diet can lead to stomach upsets. If you choose to change to another food, this will need to be done gradually – over five to seven days – mixing a little of the new food with the old to gradually wean your cat onto their new diet.

- **Food and water bowl**

Your cat will need separate bowls for food and water, with access to fresh, clean drinking water at all times. Cats feel most comfortable with wide and shallow food and water bowls as these allow them to keep an eye on what is going on around them and prevent their whiskers from getting dirty or wet.

- **Bed**

Your cat will need somewhere warm, dry and quiet to sleep – away from drafts. Cats like a nice soft bed that is large enough to stretch out and curl up in. Your cat should always be able to get to their bed and be left undisturbed when they are resting. Make sure you get a bed that is washable and easy to dry.

- **Somewhere to hide**

As well as a comfortable bed, your cat will also need a snug hiding place. You can buy igloo-type cat beds or simply make one from cardboard boxes and a blanket. Find out more about the importance of hiding places on page 16.

- **Feeding toys**

We recommend the use of feeding toys, such as kitty Kongs, treat balls and puzzle feeders to help keep your cat mentally stimulated. They're also good for keeping them occupied when you go out.

- **Toys**

Cats are active animals and love playing, so toys are very important. There are many types of toys available including catnip filled toys, fishing rod type toys, balls and toy mice. It's a good idea to have a variety of toys to keep things interesting and fun, but of course your cat will probably have their favourite toy!

- **Litter tray and litter**

Your cat will need a large sized litter tray to use as a toilet. It's best that you continue to use the same type of litter that they've been using at the RSPCA centre. We can let you know what that is. If at a later stage you want to change the type of litter then this should be done gradually. You'll also need a scoop to help you clean it out! There's lots more information on page 17 to help you set up your cat's litter tray and prevent any mishaps.

You may be able to buy these products directly from us – either from the RSPCA centre you've been dealing with or at our website: shop.rspca.org.uk

Claim a 10 percent discount by quoting **rehome10** at the checkout.

“Cabbage would not come out of her cardboard box hidey hole for the first two days.”

Cabbage's adopter



“I’ve found it very rewarding seeing Millie grow from a very shy cat, to a cat willing to roll on her back and seek affection. We don’t know what her background is or where she came from, but having only one eye and a nervous disposition suggests that she didn’t come from a loving home – I’m so pleased we’ve been able to offer her that.”

Millicent’s adopter



Essentials shopping checklist

- Food.
- Bed.
- Food and water bowls.
- Toys.
- Treats.
- Grooming brush – find out more on page 34.
- Feeding toys.
- Cat carrier.
- Scratching posts.
- Litter tray.

Other items we recommend depending on the needs of your cat:

- Cat tree – find out more on page 16.
- Cat water fountain.
- Activity tunnel.
- Feliway diffuser.
- Quick-release safety collar.

● Carrier

Make sure that you have a carrier for when you pick up your new cat from the RSPCA. It should be sturdy, secure and large enough for your cat to sit, turn around and lie down naturally. You may find that 'top loading' carriers are easiest and most stress free for getting your cat in and out. Familiar-smelling items, such as a blanket from their bed at the RSPCA centre, can also help them feel at ease while travelling to their new home.

● Scratching post

All cats need opportunities to scratch and should have at least one good scratching post available. Choose a scratching post which is tall and sturdy enough to allow your new cat to stretch up fully when using it without it tipping over! You may also want to buy extra scratching bits such as disposable scratching boards but these should be in addition to a scratching post.

TOP TIP

We recommend you take an item made of material, such as a blanket or towel, from your home to the cattery a few days before you collect your new cat so they can be introduced to the smell of your home before they arrive. If you have other pets, ask the RSPCA if there is an item you can take home from your new cat's pen. It only needs to be small. Bringing this home will help your existing pets get used to their smell.

Creating a hazard-free home

Cats are inquisitive and like to investigate their surroundings, which can sometimes lead them into danger. Make sure your home and garden are safe for your cat. Check that the following items, which are poisonous to cats are locked securely away or safely disposed of before your new RSPCA rescue cat arrives:

- **Lilies – although pretty to have in the home, these flowers are very poisonous to cats.**
- **Paracetamol.**
- **Anti-freeze.**
- **Detergent capsules for washing clothes.**
- **White spirit.**
- **Permethrin – found in some spot-on dog flea treatments.**
- **Benzalkonium chloride – a common ingredient in household disinfectant and some patio cleaners.**
- **Slug and snail pellets.**
- **Weed killers.**
- **Rodent poisons.**
- **Other toxic cleaners (especially those containing Phenols).**

Find out more about how to prevent poisoning and what to do at:

www.rspca.org.uk/poisoning

Setting up a cat-friendly room

Access to the whole house can be a bit overwhelming for your new RSPCA rescue cat when you first bring them home. If you just let them loose in the house you'll likely find that they hide away in fireplaces, behind sofas and any other small gaps they can find! It's best to set them up in their own room which makes them feel happy and safe so they can gradually acclimatise to their new surroundings – this will also help prevent escape in the early days because unsettled cats may take advantage of open doors or windows.

Don't forget to make sure the room is safe and hazard free.

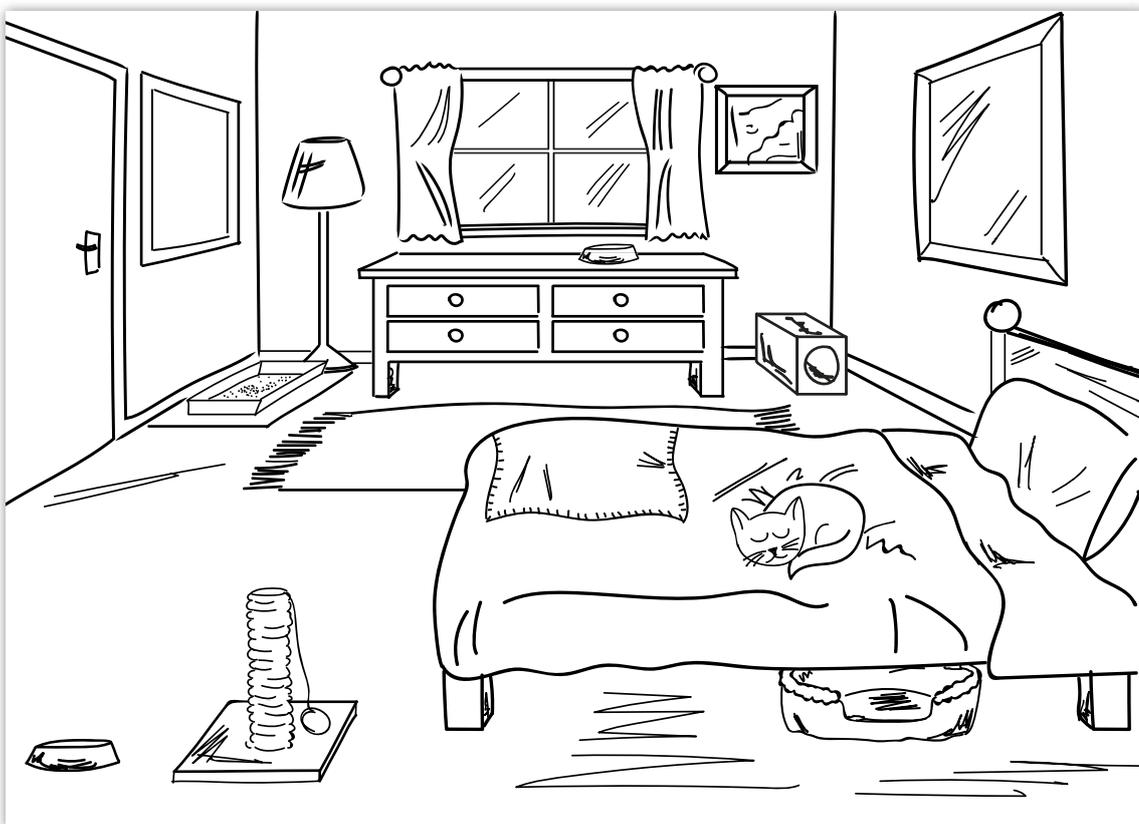
Once you have everything you need for the room you should set it up in a way that will make it most comfortable for your cat. Naturally cats don't like to eat, drink, toilet and sleep in the same area so make the best use of the space you have to keep bowls, beds and litter trays apart. For example, place their water bowl in one corner and their food bowl in another. Ideally the room will have a window (which can be kept securely shut) to provide your new rescue cat with a view. Use a cat tree, chair or other piece of sturdy furniture so that they have easy access to look out. Their hiding place is best located in as private a spot as possible and away from the door. For ideas on how to set up your cat's safe room see our illustration.

TOP TIP

Some cat owners have found the pheromone product 'Feliway' useful for helping their cats to feel more settled. Plug in a Feliway diffuser in their cat-safe room at least 24 hours before they arrive.

What you need in your cat-friendly room

- Litter tray.
- Water.
- Food.
- Hiding place.
- Somewhere to get up high.
- Comfortable bed.
- Familiar smelling item from their pen.
- Scratching post.



Follow our step-by-step guides to introducing cats to other cats at: www.rspca.org.uk/cats/company

“It took a month to properly integrate Kitty Erin with our other pets, especially Monty our terrier. It took lots of patience and planning but eventually it worked and now they curl up happily together.”

Kitty Erin's adopter

If once you get your rescue cat home a family member starts to have an allergic reaction, don't panic. There may be ways to help manage allergic reactions to cats, see page 30 for more information.

Preparing other pets

You can start introducing your RSPCA rescue cat to other family pets before they actually meet. Swap a familiar smelling item of your current cat or dog with that of the rescue cat while they are still at the RSPCA centre – this could be some bedding or a toy. Alternatively, take two cloths and stroke your current cat or dog with one and your rescue cat with the other. Next, swap the cloths over – leaving one with your new rescue cat in their pen and taking the other home to allow your current pets to sniff and explore – it is almost like us seeing photographs of someone before we meet them.

First meetings

To make sure the first meeting is as positive an experience as possible, plan the introductions well in advance. Read our step-by-step guides at: www.rspca.org.uk/cats/company. Remember, the better prepared you are, the greater the likelihood of your pets living in harmony.



If you already have a cat, make sure you provide enough litter trays, beds, toys, food bowls and water bowls for all of them, as well as enough space for them to get away from each other. Cats are territorial and can get stressed if they have to share these things with other cats. There is lots more information on how to help cats live happily together on page 26.

Preparing your family

One of the most common reasons for an adoption not working out is because a family member is thought to be allergic to the cat. Before you bring your cat home, make sure everyone in the family has met and spent time with the cat. If you think that a family member might be allergic, you could bring home one of the cat's blankets and get the family member to sit with it and see if they have a reaction, or spend time with a friend's cat to help gauge any sensitivity. You can also talk to your GP about having an allergy test.

You may have heard that there are certain breeds of cat that people are not allergic to – this isn't really true. In most cases, allergic reactions to cats are caused not by their hair, but by a protein found in their skin and saliva – all cats produce this protein. The severity of an allergic reaction tends to depend upon the person's sensitivity to the protein.

The importance of scent

Cats have a powerful sense of smell which they use to explore their environment – it helps them understand whether the environment is safe or not. Familiar smelling items can help cats to feel a bit more settled when everything else around them looks, sounds and smells very new. This is why making sure you bring a familiar smelling item home from the RSPCA and putting it into their carrier and cat-friendly room is a great way to help your new cat settle.



It's the food that we use

We love our animals more than anything, so the food we give them is important to us.

Animals in RSPCA care are given everything possible to restore their strength and get them ready for their new life. Our food is hypoallergenic and packed with vitamins and nutrients for maximum health benefit.



HEALTHY FORMULATIONS

HYPOALLERGENIC

AS USED IN RSPCA ANIMAL CENTRES

SUPER PREMIUM PRODUCTS AT VALUE PRICES

ALL PROFITS GO TO SUPPORTING THE RSPCA

Pet food developed, used and recommended by the RSPCA



shop.rspca.org.uk



“We had put a blanket in her cat pod a couple of days before collecting her and when we got home she didn't want to leave her basket because her blanket was in there.”

Clover's adopter

Bringing your rescue cat home

No doubt you will be feeling excited – and maybe a bit anxious – about bringing your rescue cat home and this is likely to be how your new cat feels too as they begin a new life with you. Here are a few tips to help keep those early days as stress-free as possible.

The journey home

A familiar smelling item, such as a blanket from their bed, is important for helping your cat to feel more comfortable on their journey home. You may also find that putting a light blanket or towel over their carrier helps them to feel more secure. Make sure both you and your cat are safe when you are driving by using a suitable cat carrier and securing it in the car.

Many cats don't feel safe travelling and your new rescue cat might become quite vocal on the way home – don't be tempted to let them out of their carrier. Some cats will poo or vomit because they are nervous or not used to travelling. Please remember to be patient and don't tell them off, instead calmly remove them from the car – you can clean it all up later.

Introducing the cat-friendly room

With all the excitement of arriving home it can be tempting to let your new cat out to explore the house and say hello to everyone. This is overwhelming for most cats, making them feel very worried and wanting to hide away. Instead it's best if you introduce them to their cat-friendly room straight away. Place their carrier in the room and shut the door behind you. Just let your cat come out of their carrier in their own time – don't try to take them out, slow and calm is best. Some cats may take a while before they decide to come out of their carrier. This isn't anything to worry about and you can always get on with other things in the house and leave them to it.

TOP TIP

Leave your cat's carrier in their room. Carriers can make great hiding and resting places for cats and leaving it out can help them feel more comfortable next time they need to be in their carrier e.g. when they need to see the vet.



Helping your rescue cat settle into their new home

It will naturally take your cat a while to settle into their new surroundings, in the same way that it will take time for you to get to know them. Here are some tips to help you during the first few days.

Start as you mean to go on...

Be consistent from day one about house rules – for example, which areas of the house your cat will be allowed in or whether they will be allowed on the work surfaces or furniture. Any areas that you don't want your cat to have access to should be out of bounds from the beginning. Being consistent from day one will make things much clearer for your cat to understand and can avoid problems at a later stage.

Keep things consistent

Set out a good routine from the beginning – this will help your cat settle in by knowing what's going to happen and when. Organise food, play and bedtime around the same time each day. Some days you will need to be flexible, but try to keep to the routine as much as possible.

Take things slowly

Getting a new cat can be very exciting. You'll probably want to spend lots of time with them and to show them off to friends. Be patient – leaving the RSPCA and going to a new home can be quite overwhelming so it is best to take things slowly.

First, give your cat time to settle in their cat-friendly room. It's fine to pop in and see your new cat but try to keep these times short and calm to start with. Some cats become very scared when first introduced to a new environment and might spend a lot of time hiding. Don't worry, this is a completely natural cat behaviour. If you take things calmly and slowly their confidence will grow.

Once your cat has had time to settle and seems comfortable in their room they should be ready to meet you and other members of the household properly. Sit calmly in the cat-friendly room and allow your new rescue cat to approach you. Talk gently to them and offer them a few tasty treats. If your cat appears worried or backs off, give them some space and keep the session short. You have years to bond with each other so you don't need to rush it.



It's best not to overcrowd your cat when introducing new people – remember to give your new rescue cat space so they don't feel overwhelmed.

Introducing the rest of the house

When your cat is ready to start exploring the rest of the house you can do this by simply opening the door to their cat-friendly room and allowing them to wander out in their own time. Always make sure they can retreat back to their

“Nelson was a little shy at first when exploring and finding his feet. He hid under the bed for a while but eventually came out when he was ready to explore and now he has the run of the house.”

Nelson's adopter

“He’s such a big personality and his antics always put a smile on our faces. We love him to bits and can’t imagine life without him.”

Spike’s adopter



room or to a hiding place at any point if they want to. Once your cat has had a good explore, gently encourage them back to their room with a tasty treat or toy. It's best to have a few sessions like this before you give them unlimited access to the whole house.

Setting up a cat-friendly home

You can expect it to take at least a week for your cat to be ready to move out of their cat-friendly room and into the whole house. When this time comes you'll need to move their bowls, beds, toys, scratch posts and litter trays – this is an important job! Take time to think about where each item would be best located.

Scratching posts

Cats like to stretch and scratch after being curled up asleep so it's a good idea to place their scratching post next to their bed – try choosing one that will allow your cat to stretch out to the full length of their body. You'll likely find that your cat will have a few favourite sleeping spots and will rotate sleeping in them. If you can't have a scratching post at each bed, this means you might need to move their scratching post from time to time, depending on their current favourite snoozing spot!

Hiding places

Hiding is one of the ways cats cope when they are feeling worried or stressed – it helps them feel more secure and safe. The more hiding places the better, especially while your rescue cat is settling in and exploring a whole new house. Place hiding places in a few locations around the house – keep them away from the noisy or busy areas like corridors or kitchens.



Remember – hiding places don't need to cost much. You can make a great hiding place by cutting an entrance and exit hole (big enough for your cat!) into a cardboard box and filling it with soft bedding.

Elevated resting spots

Being able to get up high is another important behaviour for cats. Having a good view of their surroundings can help them to feel safe and secure. You can adapt existing furniture, e.g. lay cosy blankets on top of a wardrobe, put up sturdy shelving or use a 'cat tree' – just make sure it is secure and that your cat will be able to get up and down from anywhere safely.

Food and water

Although food and water are typically placed next to each other for our pets, cats actually prefer them be kept apart! This isn't because cats are fussy, it's a behaviour they've inherited from their wild ancestors. Avoid using plastic bowls which can taint the taste of water – keeping their water bowls in a different room from where you feed them works best.

Litter tray

Just like us, cats like to have privacy when they use the toilet, so place their litter tray in a quiet part of the house. Remember utility rooms may be quiet at

“We set up lots of hiding places around the house, such as cardboard boxes he could hide in if he wanted. However, we quickly discovered he much prefers to be up high! He used to spend a lot of time on the kitchen cupboard so we bought him a tall cat tree to climb and perch on.”

Spike's adopter

Even if you are adopting an elderly or disabled cat, access to an elevated resting spot is still important. Make sure they have something raised that they can access easily (without jumping) and rest on comfortably.

“He took to using a litter tray very well. He lets me know if it needs to be cleaned out – he likes it cleaned immediately!”

Buzz's adopter

times but the noises from washing machines and tumble dryers could put your cat off their business!

Bed

With so much going on, your new rescue cat will need a nice quiet place to rest. Just as with their hiding places, their bed is best placed in a quiet, warm and draught-free part of the house – they usually prefer to be up high, where they feel safer.

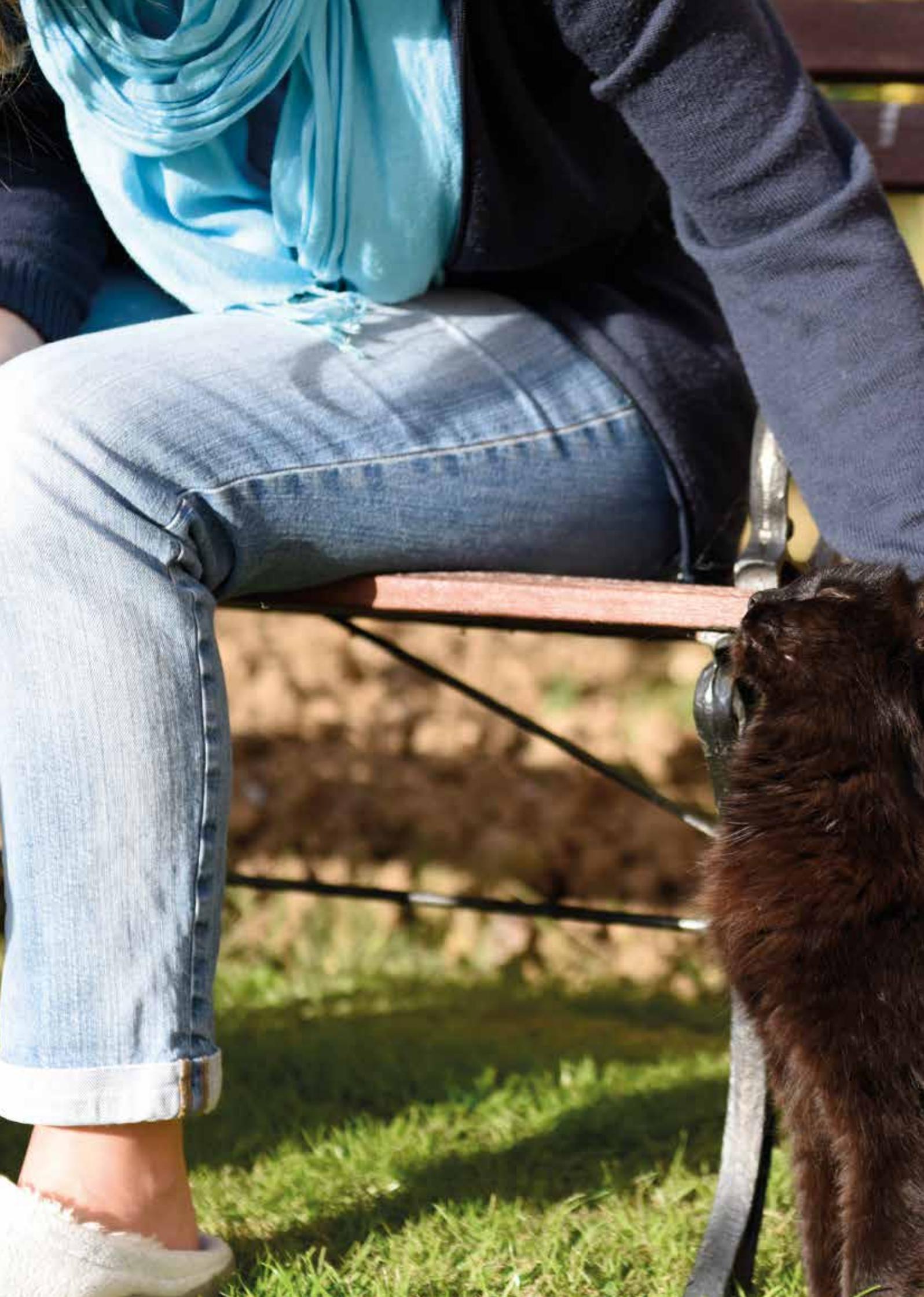
Toilet training your cat

Cats are very clean animals who have quite specific needs when it comes to going to the toilet. Mishaps in the house can be common, especially when they are settling into a new home. One reason that a cat may go to the toilet somewhere they shouldn't is because their litter tray environment doesn't meet their needs. Below are some tips on creating the perfect place to toilet and avoiding mishaps.

Setting up their litter tray

Because different cats will have different preferences, getting the set-up right for your new cat is likely to involve some trial and error. To start you off on the right path here's some top tips.

- Always use the biggest trays you can for your cat as they like to move around a lot before they toilet. As a minimum, litter boxes should be 1.5 times the length of the cat from their nose to the base of their tail.
- You'll need more than one litter tray if you have more than one cat but even for one cat it's helpful to give them a choice of toilet places. Some cats prefer to poo in one tray and wee in another. Having multiple litter trays also means it's easier to ensure there is always one clean tray available as cats often prefer to go in a clean tray.
- Work out where to put the litter trays; remember cats like privacy so choose a quiet spot away from the heart of activity in the home and make sure everyone in the house knows to give the cat space when they are going to the toilet. Avoid putting litter trays next to doors, windows, cat flaps and hallways.
- Fill the trays with a good depth (at least 3cm) of litter. This is important to allow your cat to dig and cover.
- To start with, use the type of litter your cat has been using at the RSPCA centre. Most cats prefer a soft sandy litter which they can easily dig and 'rake' with their claws. To see which litter your cat prefers, give them options by trying a different litter in a second tray.
- Most scented litters are for the owner's benefit and not the cats. Strong smells can be unpleasant to cats and may put them off using the litter tray.
- Avoid litter tray liners – most cats will be put off by these.
- Some cats prefer using hooded trays and others don't. If you want to use a hooded tray start by giving your cat options; provide one hooded tray alongside an uncovered tray.
- Never interrupt your cat while they are in their litter tray.



“We had a visit from the home visitor in the first few weeks and were reassured that the cats would come round given time – it really helped us set our expectations.”

Silky and Nibbler's adopter

When Silky and Nibbler found the Hutchesons

Silky and Nibbler had been rescued by RSPCA inspectors from a household of more than 30 cats.

When they were brought into RSPCA Patcham in Brighton, they were extremely nervous and couldn't be kept with other cats in full view of the public.

However, one couple took a chance on them and eight years later have never looked back as they have a pair of happy, healthy and outgoing cats.

Nick Hutcheson from Rustington, West Sussex, and his wife Claire had been looking for a rescue cat in their local area when they came across Silky and Nibbler.

Staff at RSPCA Patcham warned them that the cats were very nervous and that they had been partially shaved due to their long hair being matted.

But Nick and his family decided to adopt the cats anyway. He said: “For the first two or three months they hid under the bed in the spare room, we fed them in there and took their litter tray up.

“After a while they began to trust us and after some coaxing out with treats and bits of string they are now confident cats who love to roam around the garden and adore our two young children.”

Nick added: “Adopting rescue cats and watching them slowly come out of their shells to trust us and become a part of our family has been a hugely rewarding experience.”



Litter training your new rescue cat

Most RSPCA rescue cats won't need to be trained to use their litter tray but here are some tips if your cat needs a little refresher course:

- Use the above advice to make their litter tray as appealing as possible.
- Make sure your cat knows where their litter tray is. If needed, place your cat in the tray a few times so they can learn the feel of the substrate and learn about its location. If you think this will worry or frighten your cat then it's best not to do this, but you can encourage them in the right direction of their tray.
- With a tray full of clean litter, dig and scratch around a little with your fingers to show your cat what it is.
- Ensure any other furnishings with substrates similar to litter, e.g. large planters are covered so these do not attract the cat to go to the toilet there instead.
- While your cat is learning to use the tray, clean it out whenever they have used it and replace it with a little fresh litter, but do wait until the cat has moved away from the tray before you do this.

TOP TIP

Don't make too much of a fuss of praising your cat while they are going to the toilet. The act of going to the toilet in a tray is rewarding in itself. A calm and friendly 'good boy/girl' is all that is needed at most.

Cleaning

You'll need to clean your cat's litter tray regularly. Scoop out any clumped litter or poo at least once a day; you may need to replenish with a little fresh litter if it's looking low. Clean the whole tray including removing all the old litter at least once a week. To encourage your cat to keep using their litter tray, retain a little of the old litter and mix it with the new.

Avoid cleaning with any heavily scented products or spraying air fresheners. Cats are very sensitive to smells and this could put them off using their litter tray. Check any cleaning products are safe for use.

Remember, accidents happen.

Please don't tell your cat off as they will not understand and it will make them scared of you. In order to thoroughly clean up after an accident, and remove the smell, you'll need to use a specific type of cleaner called an 'enzymatic' cleaner, which you can buy from most pet shops. Alternatively, wash the area with a 10 percent solution of biological washing powder before rinsing with water and allowing to dry.

Learning to live together

Over the next few weeks you'll start to discover your new pet's true personality and what they are like in the home. You will also learn about how they like to play, what their favourite toy is and where they like to sleep.

“Bertie and Boris were very wary of us and took a long time to trust us. Now they are very cuddly with us.”

Bertie and Boris's adopter

“We were given a few toys from her foster carer which I think helped to make her feel safe because they were familiar. I think she even had a play on her first night with us!”

Millie's adopter

If you are adopting your cat to live indoors only, visit: [rspca.org.uk/cats/environment](https://www.rspca.org.uk/cats/environment) for more information about how to make sure they stay happy and healthy.

Showing affection

Your cat will not appreciate a squishy cuddle or belly rub and most cats don't really like to be picked up and held. When cats groom each other they focus on the head and neck and they prefer these areas when being stroked by people too.

Play time

Cats are active animals and many, even as adults, enjoy playing. Play can be great exercise both for your cat's brain and body – preventing them from getting bored and keeping them in shape.

Some cats will enjoy playing on their own so make sure there are always suitable, safe toys available. Cats tend to like small multi-textured toys but they will all have their favourites – take time getting to know which toys your cat most enjoys.

Making time to play together with your cat is really important for adding variety and fun into their day.

Playing together can also help to strengthen your bond. There's a bit of an art to playing with cats and if you're a first time cat owner it might take a little practice to master your skills. Cats like to chase objects which are moving in rapid and unpredictable ways, just like a mouse or bird. Use a stick and string toy and encourage your cat to stalk, chase and grab the toy. Be sure to always let your cat grab and hold the toy during play to prevent them from getting frustrated. For this reason laser pen type toys are best avoided.

For more information and tips on playing with your cat visit:

www.rspca.org.uk/adviceandwelfare/pets/cats/company

Getting out and about

Providing outdoor access is important for your cat to be able to start doing all the things that cats like to do, including snoozing in the sun, climbing and exploring their environment. Letting them out can cause a bit of anxiety the first few times but if you take things slowly both you and your cat will soon feel more relaxed.

You should keep your new cat indoors for around three weeks before letting them outside for the first time. This gives them time to settle into their new home and to be familiar with where they live.

When it's time to start letting them out, begin with short supervised sessions. For example, let them out into your garden a little while before their dinner time, sit out with them and keep the door propped open so they can retreat back inside at any point. After they've had a good chance to explore, call them back in for some food.

In and out

After a few supervised sessions your cat will be ready to start spending time outside on their own. It's best if you have a cat flap so they can always get into the house. We recommend microchip-operated cat flaps which you can programme to recognise your cat's chip – these have the added bonus of preventing unwanted neighbouring cats letting themselves in. Place some large potted shrubs around the outside of the cat flap to give your cat a more secure exit; they can use the pots to hide while they check out who else or what else is in the garden. Some cats like to have scratching posts indoors near their cat

flap – this can help them feel more secure as it allows them to scent mark their territory when they scratch.

If you don't have a cat flap you will need to let your cat in and out yourself. If this is the case, it's best to provide your cat with a waterproof and draft-free shelter in the garden which they can always access to stay warm and dry.

The outside can be really exciting for your new rescue cat! To give your cat an incentive to come back in, have a pot of tasty treats ready to shake and give as a reward.

Cat collars

Cats are not legally required to wear collars. However some owners may want their cat to wear a collar for various reasons – for example to attach a bell or a reflective collar for safety. Please be aware that badly designed or ill-fitting collars, including elasticated collars, can be dangerous, so if you choose for your cat to wear a collar, make sure it has a quick-release safety buckle which snaps open when pressure is applied.

Introducing new experiences

There may be things your cat has never experienced before, or they may have had a bad experience, which can make them feel anxious. Help them by making sure any new experiences or people are positive. The key is to help them feel safe. You can do this by:

- **always remaining calm**
- **making introductions a gradual process**
- **using treats or toys to create a positive association**
- **always allowing your cat to move away from anything they are worried about.**

Meeting new people

Some cats really enjoy human company and will be happy and comfortable meeting new people. However, all cats are different and some may be a little worried or nervous around new people. Watching your cat closely can help you understand how they are feeling.

Unlike people, cats prefer brief interactions, they like to be able to say a quick 'hello' and move away. Allow your cat to approach you and treat them to a gentle chin, cheek and head rub – perfect cat etiquette!

If your cat seems to be scared or worried when meeting new people, it's important to make sure they can move away at any time and aren't pressured to say hello. New people should give your cat space and allow them to approach in their own time. Once your cat is ready to approach, you may want to ask the new person to offer them a treat or a game or just offer their hand for your cat to smell and rub against.

Avoid exposing your cat to lots of people all at once. Even if your cat appears happy to meet new people it is important to take things slowly and avoid overwhelming them.

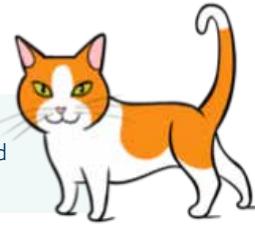
“She was slightly cautious when she first met my two boys aged four and six, but soon realised they weren't any threat and was playing with them both within a few days.”

Poppy's adopter



TOP TIP

When your cat is meeting new people, look out for the position of their tail. Approaching with their tail held upright with the tip curved signals a friendly greeting.



Meeting children

In general, cats can find children hard to understand as they behave in a very different way to adults. They are loud, unpredictable and many show their feelings using lots of physical contact such as hugs and kisses. For many cats this type of behaviour can be threatening, particularly for cats who were not introduced to children when they were kittens. Here are some important tips on keeping children safe and cats happy.

- If your children are very young, it is best not to leave them alone with your new rescue cat. Cats can be rough when they play – scratching and biting is how cats sometimes interact with each other.
- Children need to be shown how to be gentle with cats. Teach them the right way to handle your cat and the importance of not holding them too tightly or pulling their tail, whiskers or any other body part.
- Cats need lots of rest, so children – and adults – should never force your cat to play, or disturb them while they are sleeping or eating. If your cat moves away from you or hides, they may be stressed and should be left alone.

Understanding your cat's body language

One way cats communicate is through their body language. They use all different parts of their body, including their tails, ears and eyes to signal how they are feeling. Just like you, your cat can experience a range of emotions including happiness, anxiety and fear. It's important to understand which emotions your cat is feeling so that you can take any action necessary to make sure they are happy and healthy. Use our guide on page 29 and share it with your friends and family so you can all recognise important body language signals and get to know how your cat is feeling.

TOP TIP

It's not always obvious how a cat is feeling – for example, a cat who is worried might spend a lot of time hiding. Spend time watching your cat in order to learn what is normal behaviour for them.

Training your cat

Cats may not need to learn how to 'sit' or walk nicely on a lead like dogs, but there are some really useful behaviours you can teach your cat. You could train your cat to come when called which is really handy if you need to get them inside. Cats should also be trained to feel comfortable getting in and out of their carrier – this can make travelling and visits to the vet much less stressful for you and your cat.

Training should be fun for both you and your cat – it can help to build your relationship and is a great way to enjoy each other's company. Learning new behaviours is also an excellent form of physical and mental exercise for your cat; teaching tricks like giving a paw or rolling over can be a great way to get them thinking and moving.

“We've always taught our children to be kind and gentle to animals, so when we adopted Tiger and Bertie the reward was two very playful and affectionate 'best friends' who love spending time with them.”

Tiger and Bertie's adopter



TOP TIP

Select a reward that your cat will find really tasty. The rewards should only be small, about half the size of your fingernail. Don't forget rewards count towards your cat's daily food intake, so do keep an eye on what you give them to stop them from getting overweight.

All training should be reward based. Giving your cat something they really like, such as food, when they show a particular behaviour means they are more likely to do it again. It's important to find out what your cat really likes and what their favourite things are. Some cats find a chin or head rub very rewarding whilst others love a particular food, like dried fish or small pieces of chicken. Have fun getting to know your cat and find out what motivates them the most.

The better the reward the more your cat will enjoy training and learning.

Please don't shout at your cat or tell them off for any mistakes they make – this doesn't help them to learn and is very likely to damage your relationship as it can make them afraid of you. If mistakes are made during training, or your cat is showing a behaviour that you don't want, ignore it.

More than one cat?

We will do our best to match you with a cat who will fit into your existing family including any other pets you have, but it's important to remember that not all cats will become friends. If you already own one or more cats please follow our advice to ensure all your cats live as happily together as possible.

Understanding cat social behaviour

The social behaviour of the domestic cat is fairly complex. Sometimes when there are lots of resources like food and space available domestic cats will form a social group where everybody is happy and relaxed – these tend to be made up of related females. However, just like their wild solitary ancestors, many cats today are happiest living on their own.

Unless cats consider themselves to be in the same social group they won't be friendly with each other and will do their best to keep away from one another. They'll also find it stressful sharing important resources like food, water and toilets.

It can lead to stress and anxiety when cats live with other cats they aren't friendly with.

Introductions are important

It's really important to follow our advice on page 11 about preparing other pets. The way cats are introduced to each other can make a difference to how happily and comfortably they will live together. Don't be tempted to skip the step-by-step process – taking time and making introductions gradually is the best way to go.

Managing resources

Your cat's 'resources' are all the essential items they need, including water, food, scratching post, hiding place, bed, litter tray and toys.

Each cat in your household needs to be able to access all the resources they need without being prevented by another cat or having to get close to another cat that they aren't friendly with – nobody wants to sit down to dinner or

Top training tips

- Give your cat time to settle into their new home before starting on any training.
- Practice makes perfect and training can take time.
- Break training up into short but regular sessions.
- Train in a room in your house where your cat feels comfortable.
- Train at a time when your cat is active and awake.
- Reward your cat with something they really love.



There is a nifty app from the makers of Feliway which can help you plan where to put food, water, litter trays and scratch posts to help your cats live together happily.

links.ceva.com/CatFriendly

sleep next to somebody they don't like or even worse, somebody who worries them. For this reason:

- Resources need to be plentiful – at least one more resource than there are cats. For example, if you have two cats, you will need at least three hiding places
- Resources need to be spread throughout the house, taking care to place them within easy access to every cat, based on where they spend their time. For example, if one cat tends to spend their time upstairs, make sure they can access all their resources without having to come downstairs.

TOP TIP

Two litter trays placed next to or near each other will be seen as only one toilet by your cats. Make sure the right number of litter trays for the number of cats you have are spread throughout the house.

Are they friends?

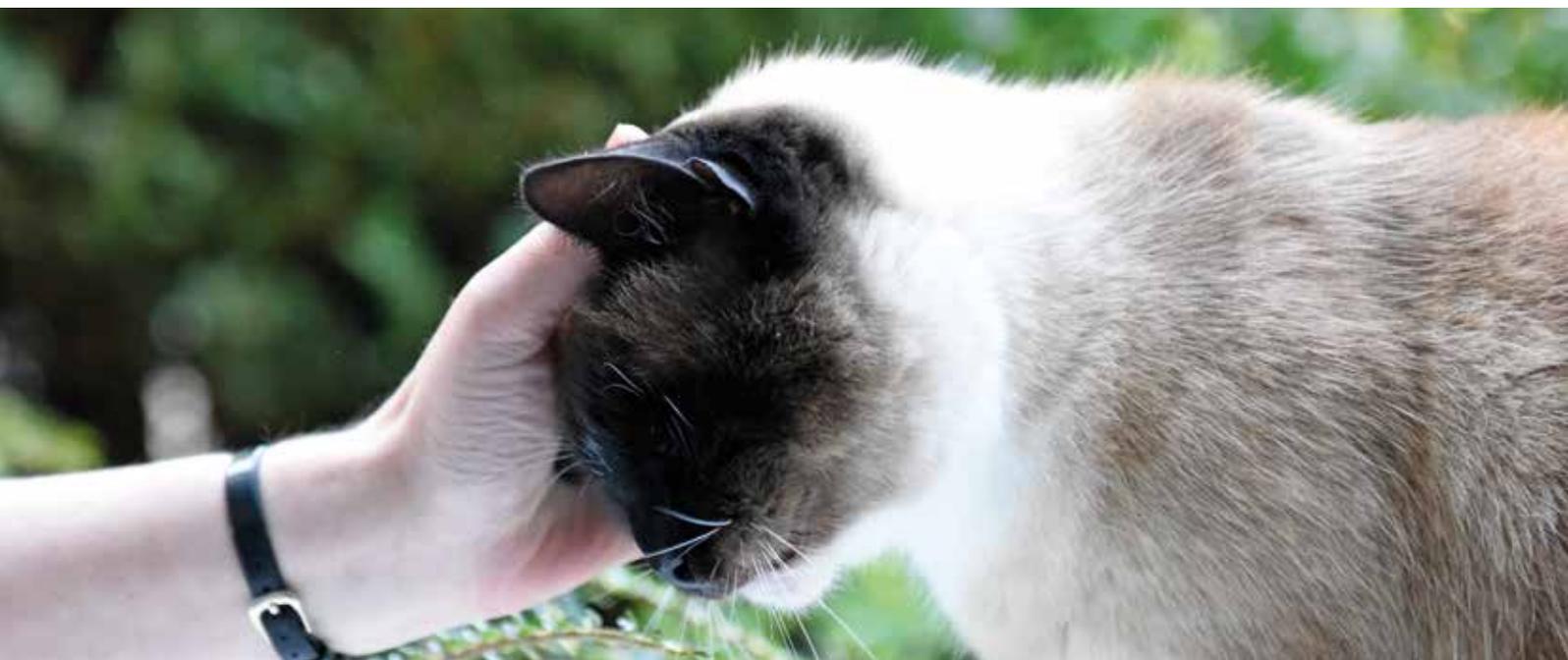
Many owners assume their cats are friends if they don't fight, hiss or swipe at each other. This isn't always the case. There are also subtle signs such as avoidance, hiding and blocking access to resources which might mean that cats aren't friends. These less obvious signs can sometimes be missed.

Cats that are friends will generally:

- groom and clean each other
- rub against each other
- sleep side by side snuggled up together
- play together.

TOP TIP

Placing feeding bowls in the same area means cats often have no choice but to get close to one another through fear of missing out on a tasty meal. Although your cats may be prepared to do this, it might be unpleasant and uncomfortable for them. Give your cats a chance to relax and enjoy their meals in peace by feeding them in separate areas.



Understanding your cat's behaviour

Preventing and managing behaviour problems

As your cat settles into their new life and routine, you may start to experience some problems or see some behaviours which you didn't expect and are worried about.

It's a good idea to step back and think about things from a cat's perspective, as this can often help you understand why cats behave in a particular way. It will also help you find ways to prevent problem behaviours as well as manage and improve them.

There are many ways in which cat and human behaviour differs and we sometimes need to try and hold back on some of our human-like behaviours to have a better relationship with our cats. For example, as humans, we tend to want to greet friends and family with a big hug, but cats prefer much shorter interactions and will often be much happier with a quick head rub to say "hello".

Although we see them as pets, our cats today still behave in similar ways to their wild ancestors. It's helpful to remember this when trying to understand your cat's behaviours and any expectations you might have about how you want them to behave.

Some problematic behaviours occur through boredom where a cat is not provided with enough to keep them occupied. For example, cats may play with feet or hands if they aren't getting enough regular play sessions. Other behaviours might occur when a cat doesn't have an outlet for a natural behaviour – for example, cats who only have access to a small or unstable scratching post might use sofas or other furniture to scratch on.

How we think about cats can also influence their behaviour. For many people, cats are a significant member of their family and can be treated very much like people. There is nothing wrong with this as long as we remember that cats are cats and not little people or even small dogs. Although cats are pretty smart they don't experience all the same emotions as us and are unable to think about lots of things in same way we do. For example, they don't do things to deliberately make us angry – such as going to the toilet in the house – and they don't know that jumping up on the counter when we turn our backs is wrong.

The way we communicate with our cats can cause problems with their behaviour. Since domestic cats have evolved from a solitary species they don't have the same need to be part of a group as other highly social species like dogs and humans. This means if we upset our cats by shouting and telling them off we can easily break the bond we have with them and potentially cause more problems. It is much better for us and them to understand how they think and feel. This makes it easier for us to communicate with them without damaging our relationship.

Fearful or anxious behaviour generally means your cat is unhappy in certain situations. This can be a result of poor breeding, experiences during their learning period as a kitten or before coming into RSPCA care. If your cat regularly shows fear or is frightened of many things then they may not be enjoying life to the full and it is important to seek expert help. In the same way,

Understanding your cat's behaviour

Your cat's body language can help you to understand how they are feeling.

A happy cat

These cats are relaxed and happy.



1 Cat is standing, has a relaxed body posture, ears are in a natural position, tail is held upright with the tip of the tail curved, eyes are a normal shape, mouth is closed.



2 Cat is lying down, belly is exposed, body posture is relaxed, body is stretched out, ears are in natural position, eyes may be partly closed, mouth is closed.



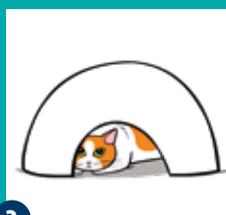
3 Cat is sitting, body posture is relaxed, tail is held out loosely from body, ears are in natural position, eyes are a normal shape, mouth is closed.

A worried cat

These cats are telling you that they are uncomfortable and don't want you near them.



1 Cat is in a crouched position, muscles are tense, body is held tightly, tail is tucked tightly into body, ears are slightly swivelled sideways, head is slightly lowered and tucked into body, pupils are dilated, mild tension shows in face.



2 Cats who are worried or anxious may hide.

An angry or very unhappy cat

These cats are not happy and want you to stay away or go away.



1 Cat is lying down, body is flattened, ears are flattened to the head, pupils are dilated, tail is held tightly into body, body is tense, limbs are held tight and close to body.



2 Cat is lying down, body is flattened, ears are flattened to the head and drawn back, body is slightly rolled over to one side, pupils are dilated, mouth is open and tense, teeth are showing.



3 Cat is standing, back is arched, body is held sideways, hair is raised, posture is tense, front paw is slightly lifted off the ground (ready to swipe if needed), ears are lowered and pointing out to the side, mouth is open and tense, teeth are showing, tail is tense.

Illustrations: Lili Chinn ©2011. All rights reserved. With thanks to Julie Bedford, certified clinical animal behaviourist.

cats who show aggressive behaviour may be in pain or feel threatened and are unhappy.

If you are worried about how your adopted cat is behaving, please get in touch with the RSPCA. We will work with you to help understand why your cat is behaving in a certain way and offer advice to help manage the problem. In some cases, we may refer you for more specialist advice, especially if we are worried about how your cat is feeling and think they may not be enjoying life to the full.

What to do if you're having problems

1 If you do experience problems and would like some help, please contact the RSPCA branch or animal centre where you adopted your cat.

2 If you are still concerned about your cat's behaviour, it's a good idea to get them checked over by a vet to rule out any illness or injury that may be causing the problem. The vet can then refer you to a Clinical Animal Behaviourist (CAB) for further help. Be careful though – anyone can call themselves an animal behaviourist, so do check that the one you use is qualified, experienced, knowledgeable and will protect your cat's welfare. You can find a CAB on the following websites: the Association of Pet Behaviour Counsellors (www.apbc.org.uk) and the Association for the Study of Animal Behaviour (www.asab.org/ccab).

If a family member develops an allergy

Owner allergy is one of the most common reasons for a cat being returned to RSPCA care. If you are concerned about allergies or have never lived with a cat before, we recommend you bring a t-shirt into the cattery. We will leave the t-shirt in with your chosen cat for 24 hours so that it gets covered in their hair and scent. You can then collect and wear the t-shirt to see if you are likely to have an allergy to that individual cat.

Sometimes cats are wrongly blamed for being the cause of an allergic reaction when there are many other possible culprits such as grass and tree pollen or dust mites. If you, or a member of the family, does experience an allergic reaction, speak to your GP about your symptoms and arrange an allergy test so you can be sure what the cause is.

If you've seen the doctor and they have confirmed your new cat is the cause of your symptoms, it doesn't automatically mean you have to give up your new family member.

As long as allergies are not severe, it is possible to live happily and healthily with your cat with a few adjustments.

- Talk to your GP about how you can manage your symptoms, for example, using antihistamines.
- Reduce the amount of cat allergen in your home by:
 - keeping some rooms of your house, particularly bedrooms, cat free zones
 - making sure your cat always has outdoor access to encourage them to spend more time outside the house.



- Brush your cat regularly. This should be done outside and by a family member who isn't allergic.
- Wash your cat's bed regularly.
- Wooden or laminate flooring is best for controlling allergens, but if you have carpets, frequent vacuuming can help. Stay out of newly vacuumed rooms for a while as it can initially stir up allergens into the air.

Of course, if the allergy is severe or you aren't able to manage your allergies, then please get in touch with the RSPCA branch or animal centre where you adopted the cat and we'll support you in finding them a new home.

Keeping your cat fit and healthy

Finding a vet

Your cat will need to visit the vet at least once a year for their annual vaccination and a health check. Speak to your vet to see if they offer a health care plan for your pet, which allows you to spread the cost of preventative veterinary treatment such as regular health checks, annual vaccinations and flea and worm treatments, while ensuring your pet remains fit and healthy.

For more information, visit:

- www.thehealthypetclub.co.uk
- www.medivet.co.uk/services/promotions/medivet-healthcare-plan/
- www.companioncare.co.uk/health-plans

Vaccinations

The RSPCA centre will have made sure your new RSPCA rescue cat is up to date with their vaccinations. Cats are usually vaccinated against feline infectious enteritis, feline herpes virus and feline calicivirus. The RSPCA will confirm exactly which vaccinations your new cat has had and when their annual booster is due.

It's important to keep up the annual vaccinations for your cat to protect them from getting diseases and becoming ill. Speak to your vet for more advice.



Having pet insurance can help you cope with unexpected vet bills for illness or injury. Find out how to activate your first four weeks' free cover from RSPCA Pet Insurance on page 4.

Worms, fleas and ticks

All cats get worms at some point in their life. If regular worming treatment isn't given, your cat can get ill and worms can also pose a small risk to your family's health. Ensure you clean away cat mess regularly and make sure your cat is given worming treatments regularly, as advised by your vet.

Fleas can thrive in your home, so keep giving your cat monthly flea treatment using RSPCA FLEAaway to keep them at bay. If you do get fleas in your home, you'll also need to treat your carpets and soft furnishings with a suitable product.



Kills fleas, ticks and lice

FLEAawayTM

SPT ON SOLUTION



- Applied every four weeks to cats and dogs, RSPCA FLEAawayTM can help provide effective control against fleas and ticks all year round**.
- RSPCA FLEAawayTM can kill fleas for up to eight weeks in dogs and provides up to four weeks' tick control.
- Four weeks' flea and tick control for cats.
- RSPCA FLEAawayTM comes in an easy-to-use, award-winning pipette.



**Provides control if used as part of a monthly flea and tick control programme (RSPCA FLEAawayTM SPC).

Available online at: shop.rspca.org.uk

RSPCA FLEAaway also helps prevent ticks. Ticks attach to any part of a cat's body and feed on their blood. Ticks can pass diseases to your cat so it's best to remove them as soon as possible – speak to your vet about how to do this safely.

Feline Immunodeficiency Virus (FIV)

Feline Immunodeficiency Virus (FIV) is a cat disease that can be passed from cat to cat by direct contact. This virus is more commonly found in unneutered males and sickly cats. You will be told whether or not your new cat has been tested while in RSPCA care and what the result was.

If your new cat hasn't been tested and you are concerned about this disease, you can request for this to be done by your own vet.

Teeth

Keeping your cat's teeth clean and healthy is as important for your cat as it is for you.

Every cat that comes into our care will receive a health check during which we will check their teeth and gums for any problems. Any immediate issues will be treated based on the advice of a veterinary surgeon. We recommend speaking to your own vet about how you can ensure your cat's teeth are in a healthy condition and how this can be maintained in the long term. You may find that your own vet recommends teeth scaling or polishing under anaesthetic – we try not to do this while cats are with us unless absolutely necessary.

Brushing your cat's teeth with a specially designed cat toothpaste and brush can help keep their teeth healthy by dislodging food particles and helping to prevent the build-up of tartar which can lead to dental disease. Toys designed to help clean your cat's teeth can also be useful.

Purr-fectly pampered (grooming)

Grooming can be a great way to bond with your cat and an opportunity to keep an eye on how healthy your cat is. Grooming should be introduced slowly, using rewards to make your cat feel comfortable. Grooming helps remove dead hairs, improve circulation and can feel great. Brush your cat at a quiet time of the day. Be gentle and calm, giving occasional treats to make the whole experience positive. Let your cat be in control – if they've had enough, stop. If you are having any problems grooming your cat, please speak to the RSPCA or your vet.



Just like people, white cats can get sunburnt too. If your new RSPCA rescue cat is white or has patches of white on their coat, especially on their nose and/or ears, speak to us or your vet about how you can keep them protected from the sun.

You can find more advice on grooming, including tips for short and long haired cats in our handy grooming guide at: www.rspca.org.uk/cats/health

How much to feed

Cats naturally eat little and often so it's best to split their daily ration into several small meals throughout the day (unless advised otherwise by your vet). Once your cat is settled in and eating normally it can be a good idea to

“Both cats have a good appetite. At the beginning we had to place their food under the bed in their ‘safety zone’ for them to eat.”

Silky and Nibbler's adopter

put some of your cat's food portions into a puzzle feeder or food toy such as a treat ball. This can help encourage your cat to be active and to use some natural instincts to extract the food.

Just like us, cats can easily become overweight if they eat more calories than they use up. Being overweight can lead to health issues such as diabetes, heart disease, respiratory distress, high blood pressure and cancers.

Always follow the instructions on the food packet to ensure you give your cat the correct portion size, but remember that treats and titbits count towards your cat's daily calorie intake. Check on a regular basis that your cat is the right size and weight – use our guide on page 37. If you are worried about your cat's weight or you think they may be overweight or underweight, it is best to seek advice from your vet.

Warning!

Most human foods don't provide cats with the nutrition they need. The following foods, and food containing these ingredients, are poisonous to cats:

- chocolate
- grapes, raisins, sultanas, currants
- onions, leeks, garlic
- xylitol (sugar-free sweetener commonly found in sugar-free gums and sweets or as a replacement in baking).

Visit: www.rspca.org.uk/poisoning for advice on how to prevent poisoning and what to do if your cat is poisoned.



No milk for cats. Cats aren't able to properly digest lactose so milk can cause them stomach upsets and diarrhoea.



Spay and snip

Your new rescue cat should be neutered, also known as 'spayed' for a girl or 'snipped' for a boy, before they leave RSPCA care. If for some reason your cat hasn't been neutered, for example due to veterinary advice, we will let you know and may arrange for you and your cat to come back at a later time so this can be done. You can also make arrangements with your local vet.

Unless advised otherwise by a vet, cats should be neutered at around four months old or earlier.

Neutering has many benefits for both you and your cat.

- If your new rescue cat is female, having her spayed will stop the attention of tomcats who'll want to have sex with her. This is why it's important to have her spayed before she is four months old to protect her from getting pregnant while she's still a kitten herself.
- If your new rescue cat is male, having him snipped can stop him spraying in your house to mark his territory, which can be very smelly, and stop him getting nasty injuries from fights. He'll also be less likely to wander off and get run over, as cats that are snipped tend to stay closer to home.



Make sure your cat is booked in for neutering as soon as possible. You may have heard that it's good for cats to have a litter of kittens before they are spayed – but this isn't true. Once cats have been spayed or snipped they will be able to start doing all the things cats enjoy doing like exploring outdoors, climbing trees and playing.

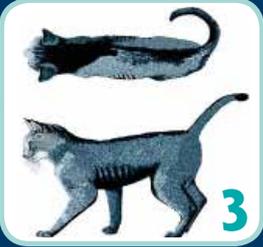
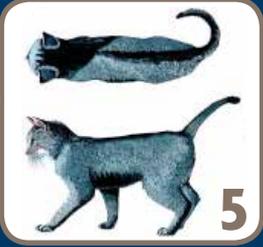
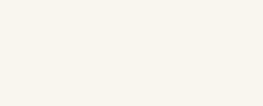
When to call a vet

Cats can suffer from a range of diseases and other illnesses, but individual cats show pain and suffering in different ways. A change in the way your cat behaves can be a sign that they are distressed, bored, ill or injured. Once your cat has settled into your home you should take time to get to know how they usually behave. That way you will be able to spot any changes in their behaviour. Possible changes include a change in toileting, eating or sleeping habits, increased hiding or avoidance.

If you are worried about the health of your cat, if they are displaying any symptoms of ill-health or you spot any changes in their behaviour, please contact your vet.



The body condition system

TOO THIN	1	Ribs visible on short haired cats. No palpable fat. Severe abdominal tuck. Lumbar vertebrae and wings of ilia easily palpated.	
	2	Ribs easily visible on short haired cats. Lumbar vertebrae obvious with minimal muscle mass. Pronounced abdominal tuck, no palpable fat.	
	3	Ribs easily palpated with minimal fat covering. Lumbar vertebrae obvious. Obvious waist behind ribs. Minimal abdominal fat.	
	4	Ribs palpable, with minimal fat covering. Noticeable waist behind ribs. Slight abdominal tuck. Abdominal fat pad absent.	
IDEAL	5	Well proportioned, observable waist behind ribs. Ribs palpable with slight fat covering. Abdominal fat pad minimal.	
TOO HEAVY	6	Ribs palpable with slight excess fat covering. Waist and abdominal fat pad distinguishable but not obvious. Abdominal tuck absent.	
	7	Ribs not easily palpated with moderate fat covering. Waist poorly discernible. Obvious rounding of abdomen. Moderate abdominal fat pad.	
	8	Ribs not palpable with excess fat covering. Waist absent. Obvious rounding of abdomen with prominent abdominal fat pad. Fat deposits present over lumbar area.	
	9	Ribs not palpable under heavy fat cover. Heavy fat deposits over lumbar area, face and limbs. Distension of abdomen with no waist. Extensive abdominal fat deposits.	

The Body Conditioning System was developed at Nestlé PURINA Pet Care Centre.

Useful contacts

Vet

Pet insurance policy and phone number

Cat behaviourist

Cat sitter

- RSPCA cat care advice: www.rspca.org.uk/cats
- Find a vet: findavet.rcvs.org.uk/home
- Association of Pet Behaviour Counsellors: www.apbc.org.uk
- Association for the Study of Pet Behaviour: www.asab.org
- International cat care: www.icatcare.org/advice



If you move house or change phone number, don't forget to update your contact details for your cat's microchip. Your cat will have been microchipped by the RSPCA.







Royal Society for the Prevention of Cruelty to Animals

Wilberforce Way, Southwater, Horsham, West Sussex RH13 9RS

Telephone: 0300 1234 999 www.rspca.org.uk

facebook.com/RSPCA twitter.com/RSPCA_official

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