

# Already Vegan?



**Being vegan** is the single most effective thing you can do to help prevent animal suffering but it isn't the only thing. If you want to do even more to help our feathered, finned and furry friends, here are lots of ways to make a difference.



## Farmed Animals

If you love being vegan, why not increase your impact by becoming a volunteer school speaker? Animal Aid's network of trained school speakers are invited into schools to talk to pupils about all things animal friendly. Talking to 30 open-minded young people is probably one of the most rewarding and productive ways to spend an hour, so find out about training at:

**[animalaid.org.uk/school-speaker](http://animalaid.org.uk/school-speaker)**

## Horses

Did you know that around 200 horses are raced to death on British racecourses each year? And many more are whipped to make them keep running even when they are exhausted. Animal Aid campaigns to end the abuse of race horses through campaigning, political lobbying and peaceful demonstrations. Take online action, order resources and more.

Visit **[animalaid.org.uk/horses](http://animalaid.org.uk/horses)**

## Rats, rabbits, mice and dogs

Around four million animals are experimented on every year in British labs, and the vast majority are killed afterwards. They are used and killed for disease research and drug testing, and in experiments relating to industrial chemicals, warfare agents and household products. Since

animals do not react the same way as people, ending their use and adopting state-of-the-art humane techniques will benefit both people and animals. One way we can all help is to donate

only to charities that do not fund animal experiments. See the full list at

**[animalaid.org.uk/charities](http://animalaid.org.uk/charities)**





## Domestic 'pets'

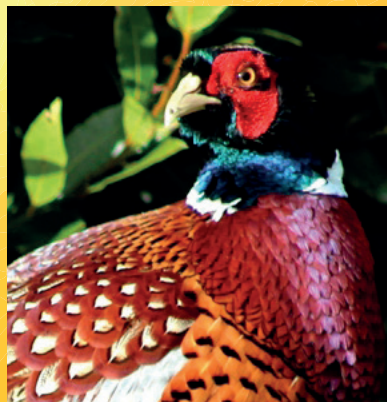
Domestic animals are often bred in the most appalling conditions. Instead of funding this trade by buying an animal, please visit a rescue centre instead. Animals are not there because something is wrong with them but because they have had a tough time and lost the people they once relied upon. If you can't take on an animal yourself, why not volunteer at your local rescue centre instead?

## Wildlife

There are many ways to help wildlife, from joining the badger cull protests or hunt saboteurs to volunteering at your local wildlife hospital or making your garden wildlife-friendly. One thing we can all do is to order or download a set of humane deterrence factsheets from Animal Aid so whenever anyone complains of a mouse in their kitchen or a squirrel in their attic, you're on hand to offer a humane way to encourage the little chap to move on. You can see these at: [animalaid.org.uk/wildlifeadvice](http://animalaid.org.uk/wildlifeadvice)

## Pheasants and partridges

Each year, around 50 million pheasants and partridges are bred to be shot for sport. Their parents were probably kept inside battery cages where some birds suffer foot lesions, 'scalping' and death. The production of so many birds attracts other wild animals including foxes, stoats and raptors, who are also killed through traps, snares and poisons. Animal Aid campaigns to end the shooting of live animals for sport, and – as an interim measure – to get rid of the cruel cages. Take online action at [animalaid.org.uk/cages](http://animalaid.org.uk/cages)



## Wild animals in captivity

Wild animals are kept in unnatural environments in zoos, aquaria, circuses, as 'pets' and when used in TV and film. If you think wild animals belong in the wild, boycott the places that display them for money, and there is more you can do! Visit Freedom for Animals at [freedomforanimals.org.uk](http://freedomforanimals.org.uk) to order campaign resources, take online actions and to join your nearest protest.

## Arctic foxes, mink and rabbits

Fur farming is banned in Britain because of its cruelty, and yet it remains legal to import fur. Join the peaceful protests against retailers that still sell fur and hand out leaflets to make sure passers-by know of the cruelty. Visit Campaign Against the Fur Trade at **caft.org.uk** and Respect for Animals at **respectforanimals.org** to find out what online and offline actions you can take.

## For all animals...

Sign petitions. Share posts. Donate if you can or fundraise through sponsored events, bake sales or car boot sales. Boycott the bad guys and tell them why. Support the good guys and tell them why. If you avoid eating animal products, avoid wearing them too! Fur, leather, silk and wool are all products of suffering. Avoid using chemicals in your garden – they harm our wild friends.

## I just want to be vegan!

And so you can! Why not support your local vegan festival, or get involved with organising it? You could join your local vegan meet-up group and enjoy a great meal with like-minded people. If there isn't one locally, why not set one up? It may encourage local pubs, cafés and restaurants to add vegan options to their menus, which is a great way to campaign whilst being well fed! Or you may like to visit your local farmed animal rescue centre to enjoy the company of the animals you're already protecting. And while you're there, maybe pick up a broom or make a donation...

Animal Aid, The Old Chapel, Bradford Street, Tonbridge, Kent, TN9 1AW.

**Tel:** 01732 364546 | **Email:** [info@animalaid.org.uk](mailto:info@animalaid.org.uk)



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