



Poppy's Story

In 2018, I was with my hubby out for drinks having just moved up to the midlands from Hampshire, and took Poppy our gorgeous beagle with us for a quick walk to the pub.

On the way back very late, we got home after our very short walk to look down and see Poppy with what looked like a dislocated jaw and we panicked! Having moved to this new area, we had no idea where the vets were yet so we set about calling emergency vets and were told that an initial call out was £300 just to be seen, plus whatever costs it would be for the treatment.

Of course, we jumped at the chance for Poppy to be seen in minutes so hopped into the car, both really emotional and Poppy crying herself as her jaw was really wonky and she was scared.

On the journey, in my mind I mentally added up what the cost of the treatment could be if she had dislocated her jaw, and in my head, I had a round figure of about £5,000, which I could imagine treatment for that type of accident could cost. I was fully prepared to pay whatever it took to help my beautiful Poppy in that moment.

Once at the vets, it turned out that Poppy had indeed just eaten a stick that had got lodged in her throat badly and it was removed and cost us just £60! Phew, she was OK! Returning home we were both so relieved, and of course, Poppy was calm and happy and ready for sleep.

As soon as I walked in, I was thinking about the next day and went to take chicken out of the freezer to cook for the next day's dinner, to give it time to defrost, and it was like a lightbulb moment happened; I for the first time wondered how I was prepared to pay £5,000 without hesitation for my beagle but was prepared to eat this chicken in this packet which had a value of only a few pounds for its life labelled on the wrapper.

VEGAN Happy



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Something changed immediately and I felt a really quiet feeling come over me. I hadn't made that connection before between sentient beings, not sure I even classed them as sentient beings or just pets vs farmed animals, I had never thought about it.

I woke up early as always and started looking into veganism. I literally typed in what had happened the night before and saw what came up! Speciesism was the headline, so I started finding out about that and veganism and by the time my husband had got up about 8.00am I had gone vegan.

I listened to Gary Yourofsky's 'Best Speech Ever' and also Joey Carbstrong was arguing with Jeremy Paxman at the time as Joey had gone on to his radio show and Paxman was goading him by having a ham sandwich sitting on the side, so I started seeing also the flak that you get just by choosing to put animals first. But I went vegan the moment I put the chicken in the bin, I just didn't realise what had happened to me.

I started reaching out to other vegans on Facebook and asked them for advice and they sent a recommendation to watch 'What The Health', so that night my husband and I watched that, and as a health-conscious person, within about 5 minutes in, announced that he was vegan too.

It was that simple, within one day we both went vegan and there was never any turning back.

I think this is the reason why I am so understanding of peoples journey towards veganism. After all, it took me 50 years to go vegan (2018), to see the light, so everyone has a different journey and for me, I came to it completely by chance, so whatever it takes to see the light, let's encourage it and talk softly to plant those thought seeds and hold others hands along the way.

Within a year our daughter Ellis was vegan, and we are so happy that our almost 3 year old granddaughter Coco is also vegan and has been since conception. She loves animals and is being brought up respecting them and knowing the vegan choices she makes.

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We are all ethical vegans and get involved in animal rescue and still to this day, we haven't taken a salary out of VEGAN Happy as we donate so much to animal rescue.

We have rescue animals ourselves Star and Oscar (rescued at 4 days old and they will be 3 years old in Feb '26), Little Love died unfortunately at 4 months old but had 4 happy months at The Farm Animal Sanctuary where Star and Oscar also live such a happy life. We are also proud to be involved with Saving Strays, a charity that rescues street dogs in Bosnia and from the kill shelters.

We also donate to a lot of other charities and rescues, and we are a sucker for if someone wants a donation for a raffle. We need to be more commercial and say NO when people ask, we might have more profit in the business if we did, but it's not in us.

I was doing a podcast a while ago and the interviewer asked me who my hero was and rather than a famous person or celeb, my answer was, anyone that does anything to help animals. Anyone involved in activism, rescue, rehabilitation, rehoming and everything in-between, you are our heroes, and we love you.

Poppy is no longer with us unfortunately and is playing with our other gorgeous beagle Snoopy in doggy heaven, but her legacy lives on so strong with the change she helped bring about in her life.

All our love to Poppy for being this amazing catalyst for change. Oh, and check her eyelashes out, they are the longest eyelashes ever!

Lorri

Founder - VEGAN Happy Clothing

VEGAN Happy