

# February 2026 Newsletter

[www.penbodevets.co.uk/farm](http://www.penbodevets.co.uk/farm)



**Penbode Farm Vets**

Since 1840

# VACCINATE FOR LUNGWORM

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BVMSci MRCVS



## What is lungworm?

Lungworm, also known as Husk, is caused by a parasite called *Dictyocaulus viviparous*. It causes inflammation of the airways and pneumonia. It is typically seen to affect first season grazers, but can affect any age of grazing cattle if there is a high burden or lack of immunity.

## Signs seen with lungworm

- Coughing
- Increased breathing rate and effort
- Loss of body condition or reduced growth rate
- Milk drop
- Sudden death can also be seen in cases of sudden severe infection in cattle with little or no immunity

## Lungworm lifecycle

Cattle ingest lungworm larvae that are on the pasture, these larvae then migrate into the lungs of the individual. Within the lungs the larvae mature into adults, which produce eggs, these then hatch into larvae. The cow coughs up these larvae and swallows them, then excretes them onto the pasture in their dung (this is why we can use faeces to test for lungworm).

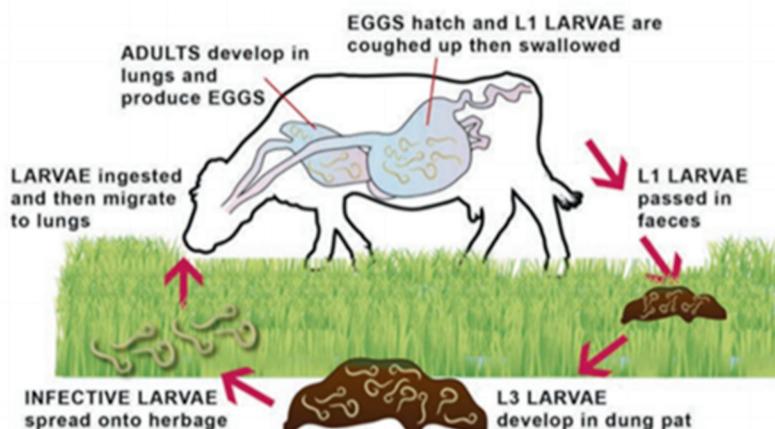


Figure 1. Lungworm lifecycle. Image: [www.cattleparasites.org.uk](http://www.cattleparasites.org.uk)

## Why vaccinate?

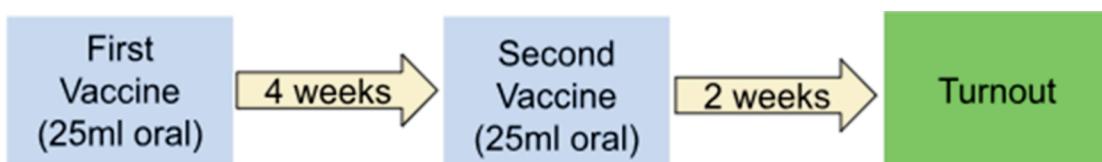
The first sign of lungworm is often coughing, by which time there can already be quite a lot of damage to the lungs which can affect the animals' growth/production for an extended period of time. This means, where we can use wormers to control gutworms when we see the signs, with lungworm this method can be a costly approach both in terms of animal welfare and production. Even low level natural exposure that doesn't result in clinical signs can cause long-lasting damage to the lungs. Vaccination allows cattle to build immunity without the risks that come with natural exposure to lungworm in the field.

## How to vaccinate

The lungworm vaccine we stock is Bovilis Huskvac, it is an oral vaccine which contains irradiated lungworm larvae. For the primary course each animal requires two 25ml oral doses four weeks apart. It takes two weeks after the second dose for the animals to build up immunity, so the second dose should be given at least two weeks before turnout. This means the first dose needs to be given at least six weeks before turnout. Cattle over eight weeks of age can be vaccinated and it is recommended to vaccinate animals before their first season turnout.

It is important that no worming products are used or are still active (in the case of long-acting anthelmintics/boluses) within 14 days of vaccination, as these will prevent immunity being built.

If the cattle have some exposure to lungworm each year then they will not need any booster doses, however if they have no exposure a single 25ml booster dose should be given annually two weeks before turnout. Lack of exposure can be a result of extensive anthelmintic use or using clean pasture for a large proportion of the grazing season.



If you are interested in ordering Huskvac or discussing lungworm further please call your local Penbode branch. If you need a hand administering the vaccine please ring in to book for one of our vet techs to assist you.

# Penbode Champion Dairy Club



**For just £66**

Ex Vat p/m

**Free routine fertility call outs.** For all pre-booked fertility work

### **Reduced Price Farm Medicines**

**Reduced hourly rate.** Up to 20% off normal Penbode rate

**Digifarm Herd Health Analysis.** Free access to our new and exclusive farm health monitoring service.

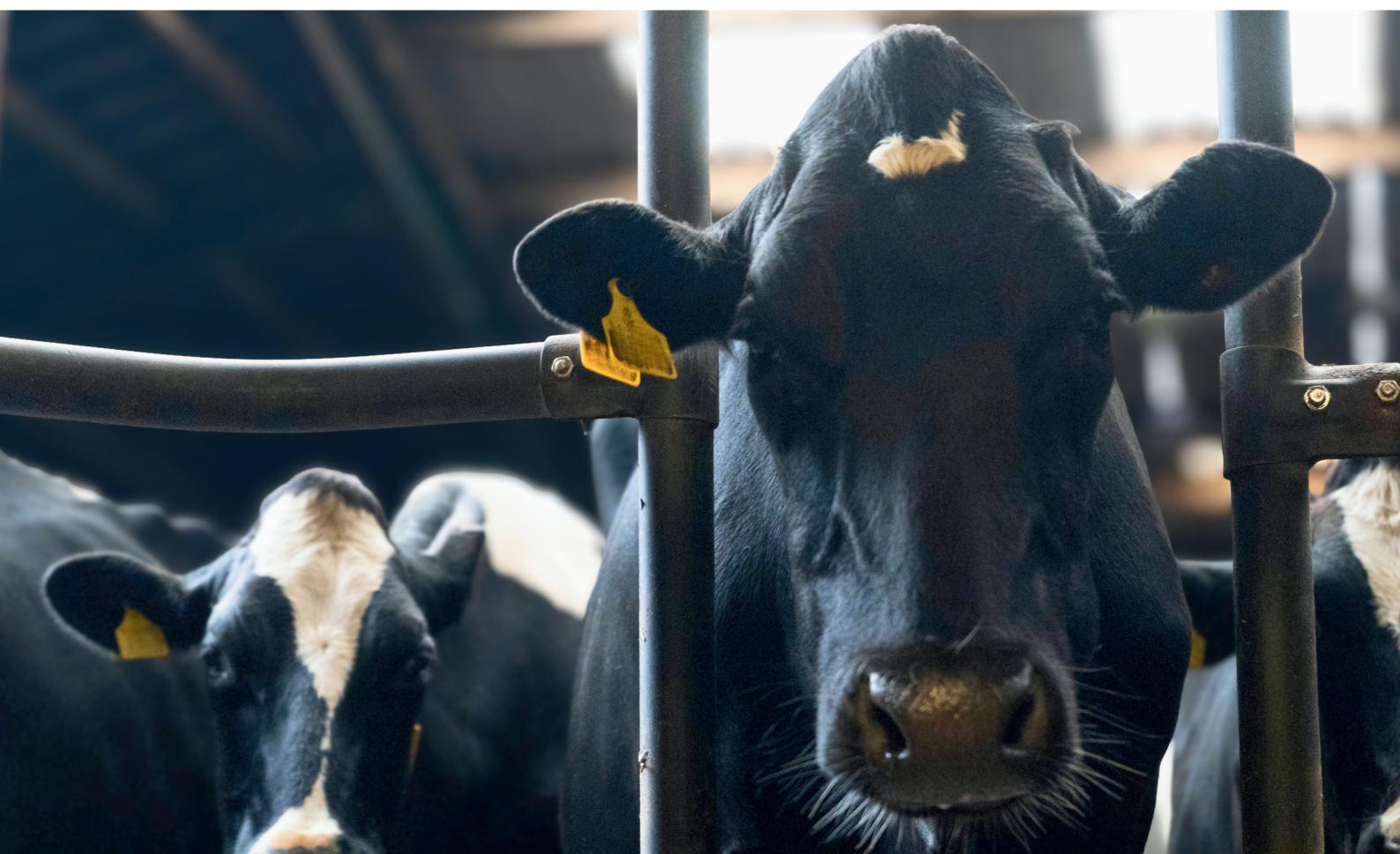
**Herd Health Review.** Your routine vet will conduct your annual health and performance review and make recommendations as to how this can be improved.

**Antibiotic Reduction Report.** We'll work with you to understand how we can refine and reduce your antibiotic usage on farm.

**Johne's Control Plan.** We will analyse your test results, carry out a John's risk assessment and complete your Johne's Plan and Action Johne's Declaration.

**BVD Control Plan.** We will analyse your test results and provide you with a BVD control plan for your farm.

**Milksure Top Up.** We will complete the MilkSure top up process with you and your farm staff.



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# **BUSY SEASON REMINDER - LOOK AFTER YOURSELF TOO**

Farming is seasonal by nature, and the pressures that come with those seasonal changes can quickly build into burnout. Lambing, calving, silage, TB testing, excess paperwork, weather and long days can begin to stack up. Burnout doesn't happen suddenly – it slowly creeps in, often when we're just pushing to get through the busiest bits.

Recognizing the signs early makes a real difference. It isn't only just feeling tired, as we are all well aware that certain times of year will be more exhausting than others. Burnout is more about being worn down mentally and emotionally just as much as physically. Common signs include:

- **Chronic fatigue, even after a good night's sleep**
- **Getting easily frustrated or angry**
- **Loss of motivation for work or hobbies**
- **Difficulty falling or staying asleep**
- **Physical symptoms like unexplained headaches, stomach issues, or muscle pain**
- **Difficulty concentrating or making decisions**
- **Feeling detached or isolated from others**
- **Being overwhelmed by things that normally feel manageable**

Burnout doesn't just affect people but animals too. Looking after yourself is part of good stockmanship, not separate from it. When we're exhausted or overwhelmed, it's harder to:

- Spot early signs of illness
- Handle stock calmly and safely
- Keep on top of routine jobs
- Make clear, timely decisions

Taking steps to prevent burnout doesn't mean a full lifestyle overhaul. Small, realistic changes can help.

- **Prioritise the critical jobs. Not everything has to be perfect. Decide what matters for today and let the less important jobs wait.**
- **Protect sleep when able. Even short blocks of proper rest will help. If possible, share night checks or night-time duties.**
- **Stay fuelled! Eating and drinking regularly while keeping snacks and water within easy reach helps more than we realize.**
- **Talk things through. Bottling up stress rarely helps. A quick conversation with family, a neighbour, your vet or adviser can help reduce the mental load.**
- **Plan ahead for known pressure points. Knowing when the toughest weeks are coming allows us to prepare, whether its simplifying routines or organizing help.**
- **Accept help early. Asking for support before you're at breaking point is a strength, not a failure.**

Farming is a demanding job, and the seasonal pressure is real. Ongoing burnout can affect physical health, relationships, safety, and long-term enjoyment from farming. Support is always available to anyone who needs it. Please refer to the contact details overleaf, or save them on your fridge for a day you might want them. Healthy farmers are just as important as healthy stock.

<https://www.domore.ag/wellness-tips/understanding-burnout>

<https://farmwell.org.uk/>

<https://www.thedpjfoundation.co.uk/getting-help/resources/>

## National Organizations

### Addington Fund

Call: 01926 620135

Email: [enquiries@addingtonfund.org.uk](mailto:enquiries@addingtonfund.org.uk)

For emergency forage requests, contact [forageaid@addingtonfund.org.uk](mailto:forageaid@addingtonfund.org.uk)

### The Farming Community Network

Call 03000 111 999. The helpline is available every day of the year, 7am to 11pm. All calls are confidential.

Email: [help@fcn.org.uk](mailto:help@fcn.org.uk)

### Mind

Call: 0300 102 1234. The helpline is available Monday to Friday, 9am to 6pm (except bank holidays).

### RABI

Call 0800 188 4444. The helpline is free and available 24 hours.

### Samaritans

Samaritans created a specific page to support mental health in the farming community.

Call: 116 123. The helpline is free to call and available 24 hours.

### Yellow Wellies

Farm Safety Foundation is tackling the stigma around risk-taking and poor mental health, ensuring that that next generation of farmers is resilient and equipped with smart strategies and specific skills to live well and farm well. They have a number of resources to help.

Cornwall

### Farm Cornwall

Offers practical and emotional support for farmers and their families.

Call: 01736 367589

Devon

### Devon YFC Rural Support

Offers a confidential service for young people in rural areas.

Call: 0300 111 999

<https://defrafarmering.blog.gov.uk/wellbeing-support-for-farmers/#:~:text=Call%2003000%20111%20999,All%20calls%20are%20confidential>

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## Bude vs Helston

The bar will be open from 1:00pm, food to be served at 1:30pm and  
Kick Off will be 2:30pm

**You are invited to our annual  
match day sponsorship at Bude  
Rugby Club**

We hope you can join us for what promises to be a  
fantastic day of rugby and a complimentary **free  
drink and hog roast for our clients too.**

For catering purposes please RSVP to  
[jay.waylen@penbodevets.co.uk](mailto:jay.waylen@penbodevets.co.uk) or contact your local  
branch

# FLUID THERAPY FOR COWS

**11am on Tuesday 24th February 2026  
at Great Dinworthy, Bradworthy,  
EX22 7QU.**

**Free for dairy and beef scheme members.  
Non-Scheme members £5 per person**

**We will be discussing the use of oral  
rehydration products in cows and  
demonstrating the use of Selekt  
pumps.**

**Includes pasty dinner**

**To book [jay.waylen@penbodevets.co.uk](mailto:jay.waylen@penbodevets.co.uk) or  
contact your local branch**



Join us on the  
20th June  
2026



**Location: Tetcott Village Hall, EX22 6QX**

**Arrival: 7pm, Carriages at 1am**

**£50 per ticket**, includes drink on arrival, two course meal and wine

After dinner tickets £20 (From 9pm)



**Charity auction and live music by Reckless**

**Dress code: Black tie**

**Licensed bar**

Raising money for

# Upcoming Courses



## Lambing Course

**Monday 2nd February 10am – 3pm**, at Holsworthy practice. £85pp includes lunch.

## Young Persons Lambing Course

**Tuesday 17<sup>th</sup> February 5:30pm – 7pm**, at Holsworthy practice. £25pp

## Mastering Meds Course

**Thursday 12<sup>th</sup> February 2026 10am** At the Penbode Market Hut, Kivells Market,  
Holsworthy  
Red Tractor approved

Call your branch or email [jay.waylen@penbodevets.co.uk](mailto:jay.waylen@penbodevets.co.uk) to book your space  
(please let us know of any dietary requirements)