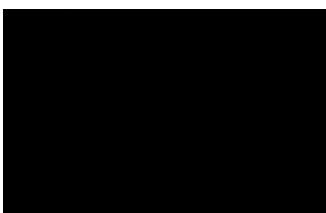


# The Chy Sawel Project

Championing a 21st century approach to mental health treatment



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Dear Mr. Trevains

We would like to thank you for the cheque of £500 donated to the Chy-Sawel Project, which is gratefully appreciated.

I'm sure you are aware that in today's financial climate it is very difficult to constantly apply for funding especially when the charities are small unknown ones. Most people give to the larger well known charities and therefore we smaller ones fall short.

However these last few years mental health has been appearing in the media quite a bit and I have for years claimed that the government and NHS need to take a serious look at the problem as despite all the drugs prescribed and ECT don't work especially long term.

About 70/80 years ago there was a paradigm shift in the way people suffering with mental health issues were treated when a patient who had heart disease was given a drug called chlorpromazine and it reduced his psychosis. So they started giving the drug to other psychotic patients and so from then on everything was focused on the medication.

Now all these years later it is time for another paradigm shift as it has been found that short term the drugs can help but many of the medications seem to make people worse and they deteriorate and become dependant on the medications.

Worldwide there are over twenty million children under the age of 18 on antidepressant/psychiatric medications. Some as young as two and three years old. I feel that is wicked and barbaric and should never be. Therefore due to the experience I have gained from my own son and the research I have carried out I believe there is much need for centres like Chy-Sawel.

Once again very many thanks for the generous donation.

Yours sincerely

Sandra Breakspeare.

Founder/Trustee Chy-Sawel