

Stratford 11/15

To Narinda

I would like to say thank you for everything you have done. You are always there to talk to if we need anything and you have helped in so many ways.

I know I hide how I'm feeling but you always know if anything is bothering me and you have a chat with me and give me some space.

You have been amazing, I'm not used to the help you have given me and I'm grateful for everything you have done. You have helped me see that there are nice people out there who are willing to help. You have helped me go to my psychologist appointments and helped me start it.

I know I recently let you down by missing the appointment with Chapter 1 and I'm deeply sorry about that.

You have supported me and gave me a chance, and I couldn't ask for any more. I feel comfortable talking to you and hearing lovely talks. You have treated me like a person and not a damaged person. You have given hope that I can accomplish anything.

You lift my spirits when I talk to you. You've helped me so much and I can't thank you enough.

So thank you for all your support.

Ashley

P.S. I'm scared on what's going to happen and where I'll end up

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