

THE CHY-SAWEL PROJECT

We are living in a changing world and the changes are not always for the better, however MIND the largest mental health charity in the country are working on a campaign called 'time to change' which is to end discrimination and stigma faced by people who suffer with mental health problems.

Chy-Sawel the centre of which I and others are trying to set up, are looking at change - change as to how mental health sufferers are treated. The aim, to help to recover their lives. The Oxford English Dictionary defines 'recovery' as 'to get back; regain'.

In the 1800s Quakers opened up houses and took in people suffering from mental health problems and with a roof over their heads with good nutrition, kindness and compassion there was a fifty per cent (50%) recovery rate. NO drugs. Today with all the science and drugs there is only a ten per cent (10%) recovery rate. SO is it time for change. I think so and with today's climate ie recession and financial difficulties Chy-Sawel will save money for the NHS as well as improve people's lives.

As human beings these people should have a right to change, to be given a choice and not as in some instances to be forcibly locked up and forced to take heavy duty drugs against their wishes. While I appreciate there is a place for medication, we all know it doesn't CURE the problems. With one in four people suffering it could be me or even you who could find ourselves with a mental health problem.

We are at the moment looking for people who might be interested in getting involved in starting up '*Friends of Chy-Sawel*' so if any of you or anyone you know is interested in getting involved, please contact myself Sandra Breakspeare on 01736 795748, email chy-sawel@tiscali.co.uk or Dave Ball on 01736 756844.

www.chy-sawel-project.co.uk