

Topic 21

Head to head CAMHS & Michael have played a valuable part in helping xxxx get back on the right track so I thank them all for their help. Without them I don't know where we would be.

My shrink Dr P.. polish doctor very understanding and generally very good. Also my CPN Matt has been superb.. alongside me.. invested in me. Encouraging and motivating. Very helpful with my bi – polar diagnoses and helped with Dr P regarding my meds. Friendly too.

Huge thank you to Dr Croft and Dr Bohane (sorry if I spelt that wrong). Who have supported my family and I to get through some very rough times. I will always be thankful for your care and compassion.

I was unaware of ready label when buying product. What companys need to consider to work out calorie factors.

I would really recomend this programm as it is well informed and the classes are very well run . XXXX is really encouraging and helps to motivate as to eat healthier.