



February 17, 2016

Dr. Andrea Jones, Chair clinical commissioning group / Ms. Ada Burns, Chief exec D.B.C /  
Jenny Chapman MP,

Dear Madam,

RE: CAB,

I have suffered with mental ill health since 1989 and have been very grateful for all the help the staff at the CAB have given me.

As you know official forms can be very off putting and can raise anxiety levels , especially to those of us who suffer from mental ill health. I know that I wouldn't have been able to 'find my way' round these forms without the help of the CAB staff.

The staff are consistently approachable, patient and reliable and seem to have a good understanding of the difficulties I face.

There is no other organisation in Darlington that I or any other residents of the town can access, to meet my needs or the many varied other needs that CAB deal with.

I don't know how I will manage if the work of this amazing group of people at CAB is no longer there.

Yours Faithfully