

Dear All

I don't know quite how to thank you ALL [and that includes your residents] for all you did to let me be at the centre every day for just on a week

You all answered all my fears and misgivings by sitting down with Jenny and me and quietly going through it all until you were satisfied that I understood and was happy about it all

To allow a sort of outsider as it were to intermingle at will was, I thought, a really kind and thoughtful thing to do and I am so grateful

But more than that – I made it my business to sit at a different table each meal [no one seemed to mind], to speak on a one-on-one to as many of the residents as was possible and to attend all recommended groups, sessions etc, and was accepted by every single one of the residents as if I belonged

You cannot [or being who you all are you can!!] imagine what that meant to me and what good it did for my understanding of what to, and what not to, do

I know I have thanked many of the residents at the farewell but if it were possible sometime [during Church?] please thank them again – and tell them ex-SCRC's up here are praying for every single one of them

She is in a good place and is willing to discuss and listen and looks to be getting back into life – helped, I am sure, by those 9 days together down there

That's enough as you guys are too busy to read too much from me except to add that your centre has an amazing feeling and is so well coordinated and I don't know how you get through it all!!

Best regards

Greetings Mr. Cooper,

I hope this e-mail finds you well. I must say that I will forever remain grateful of the life SCRC has given me. I was a mess, looking back over a year ago when I arrived at SCRC. I had lost hope, courage and most of all my integrity and back-bone. I could hardly stand straight and bold. I had lost my wife, child and job. My life was a mess.

But God used SCRC (the counsellors and also other recovering addicts) to change all of that around. I am pleased (with a big smile) to let you know that since, being blessed out the centre my life has been better and better. I am learning each day, how to make the right CHOICE'S. The struggles are still there and make no mistake they will always be there, but I choose not to have the same struggles that sent me to SCRC manifest in my life. Life is so wonderful now that I am clean; I had an amazing African wedding. God has blessed me with a great family and I have a job that helps to put food on the table. He has restored all as it says in His word that; He is a restorer and what the devil has stole, He shall restore.

I also want to let you know that I am off to climbing yet another mountain Mount Aconcagua in Argentina. This will be another challenge for me. Since, my aim is to show others that (suffering from addiction) nothing in life is impossible, if you put your mind to it and follow God with every step that you take. All things will work out. My relationship with God grows every day and I make that a conscious decision to take time to be with Him, I suppose that has kept me on the straight and narrow. It is true what you said; that one should balance life: Spiritually, Emotionally and Psychologically. I have been practicing this since leaving the centre (okay not 100%) but I try my best not to do too much or too little of any of the 3. It has gotten easier in time, I must say.

Oh! Mr. Cooper, how I just want to thank you and your staff (Chris, Didi, Craig, Marc, Roxanne, Rachel and all the other counsellors together with the supporting staff members from your kitchen staff to your finance people). Thank you for helping to make a difference in my life. You have no idea how many other people I am able to help now that I am clean and getting stronger every day in my recovery. I was on an SABC radio station (last Friday) being interviewed about my past and where I aim to go and all I kept thinking about while I was there, was all the other addicts that are still battling it out, in the street and at rehab facilities. Guys hang in there and do this right, we all have a great life that God wants us to enjoy. It all starts today, by just making the right decision and that decision is to CHANGE.

Stay blessed and may God give you the strength you need to deal with the pressures of running one of the best rehabs facility in the world SCRC and to the Staff: you guys are the best, I treasure each and everyone of you.

To the recovering addict, keep it real guys, do this for yourselves, you only have one shot at this thing called life. Make the right choices and only YOU can do this and no one can do it for you.

Thanks Mr Cooper