

Mrs Lee Morris.

Dear Christine,

Thank you for allowing her to come and be my live-in carer for 3 weeks. She has revolutionised my whole life and shown me how I needed to change my diet in order to improve my health.

Up till now my husband and I followed a "low-fat" diet thinking that was the most healthy way to eat, her pointed out that I needed a full-fat diet in order to put on weight. We changed the milk, yogurts etc. to full-cream ones and already I am receiving the benefit of all this extra 'fat', and my health has greatly improved.

We have also become good friends and enjoyed each other's company. We have worked together in my home and shared various tasks - including looking after my tortoise! We have had several outings and I have enjoyed showing her this part of East Anglia and learning a lot about its history.

She has been fascinated by the History of England, when William of Normandy conquered England and brought his way of life to Britain.

With her being able to drive my car, we have gone shopping together and visited other places, whereas with my last carer, I had always to stay at home, unless we hired a courtesy car.

→

I will be sorry when she leaves me, but hope that she can  
return in the future to be my lover. I wish her well in her  
new career.

Yours sincerely,

Katherine Jack,