

Dear [Name]

After almost a year I don't seem to be getting any better on the medication - I am still afraid to go out & can't drive the car. Therefore I have decided to take the matters into my own hands. I know that you, [Name] will be sorry but it seems to be the best way out of the situation at present.

Thank you for being such a good [Relative] to me & for coming to visit me in hospital.

My love to you, [Name]