

From: Hannah Wilks
Sent: 29 June 2010 22:42
To: Jack Butler
Subject: thank you

Hi I'm a Drayton Manor student who participated in your workshop on the 29th of June, I wanted to personally thank you for all you did at the workshop. I feel that it has really motivated me to make the most of all life gives you, and for me myself to make the effort to create opportunities to make my my life even greater. My dad always goes on about stepping outside the white circle (surrounding you) and expanding your experiences, doing stuff you never have done before, and he had a story behind it too, it was about a blind man who held a lecture at my Dad's work and it was about how he became blind and he became really depressed however soon realised that life is what you make it and he managed to sail over a large distance without his sight. He just let himself get restricted at first, however he wasn't it was just a mental barrier he had, he could have stayed in the white circle however he didn't, he experienced many new things even though he had no sight.

I was just talking to my father about all the stories you told us and I think I have really taken something away from the workshop. My mum is undergoing cancer treatment at the moment and was diagnosed during my exams, but like you said focus on the positives not the negatives (the man with no arms however focused on the things he could do not what he couldn't), its been hard but I think it all boils down to my attitude, i could think of the worst, or i could think of the best and make the most of the time I have with her now, going for the latter is what I have tried to do.

I just wanted to make a personal thanks, I'm hoping this is the right address, I am pretty sure it is, and this isn't too informal but I wanted to thank you personally and I wouldn't have the guts if i prolonged it. The workshop has really motivated me to get involved next year and I hope i will, thank you again.

Hannah Wilks