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*A letter from Ruth Allonby, CEO*



Hello, and welcome to our website. Thank you for taking time to find out about Mount Carmel.

If I wanted to sum up our message in one sentence, it would be this – we have helped hundreds of men and women to recover from alcohol addiction, and we can help you too.

But I should explain that further. We can bring hope to anyone suffering from alcohol addiction. We know how to address your problems. We offer a place of safety and support, where you will be treated as an individual. Our therapeutic programme has proved its effectiveness with a very wide range of clients. Our staff team is skilled and experienced, and we will not give up on you.

We have years of experience and success that prove those points. Men and women who come to us in despair leave with confidence and optimism. Our “graduates” are contributing to their families and workplace, moving forward with their lives, lives that were sliding backwards and downwards during their drinking years. You can change your life in the same way.

So to those of you with a drink problem, I suggest you ask for help. And there is no better time for that than now. Contact us and take that first step. It may be much easier than you think. Then your journey of recovery, your journey from dependence to serenity, can begin.

With best wishes

Ruth Allonby  
CEO, Mount Carmel