

CONDOLENCES AND TRIBUTES

Colin Downes-Grainger
27th March 1947 - 25th November 2009



It is with profound sadness and an overwhelming sense of shock that I report that Colin Downes-Grainger passed away suddenly on Wednesday, November 25, 2009. Over the years Colin and I had become quite close friends and I had nothing but great admiration and respect for his dedication to the benzo cause and all that he achieved. I am indebted to him for all the kindness and constant support he showed me. I shall miss him terribly. This blog and [Colin's other writings](#) will be preserved on this web site as a legacy and memorial.

Ray Nimmo, November 27, 2009

MAIN PAGE <http://www.benzo.org.uk/colindg.htm>

BLOG <http://www.benzo.org.uk/blog/>

I have just read the email from Ray and am shocked and so sorry to hear the tragic news about Colin. I just touched Colin's book this morning as I saw it on my book shelf at home and thought of Colin and what he went through, just as I was leaving to come to the office.

Millie Kieve

APRIL, Adverse Psychiatric Reactions Information Link

...I never met Colin but he came over as a really good caring man who did so much for all the victims of the prescribing of diazepines.

Mary Brett (Journalist)

Even though Stuart and Colin never actually met each other in person I think it is fair to say they became firm friends, that they cared about, and for, each other and each others families. He will be missed by many, not least the patient safety groups. He fought hard for patient safety and his work will continue through his writings.

Claudette Jones

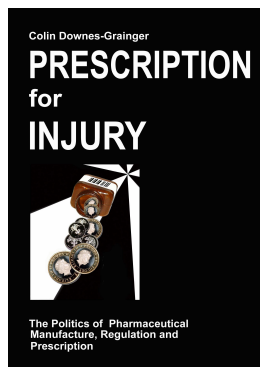
The world is a poorer place for Colin's passing, and I feel diminished and devastated by the knowledge of it and will miss him very much.

I reach for words to comfort you and yours, but there are none. However, as you will remember Colin sent me a signed copy of his book which is safely kept in a drawer beside my bed.

Around the time of receiving the book, I had become involved with trying to help an ex heroin, and at the time of intervention, a methadone, booze and valium addict -- an intelligent young married man with two small children. All my exhortations, lectures and crude attempts at counselling having had no effect, he'd heard it all before at countless sessions in treatment centres, eventually, but with great reservation, for I feared for its safety, I lent him Colin's book to read. He has been completely clean of all substances for a long time now and has returned to his trade as an electrician.

He returned the book unmarked and it's safely back in my drawer, it is my firm belief Colin's work informed this young chap, and thereby played a great part in his recovery.

Stuart Jones



I was so saddened to hear the news of your husband's passing. Colin had done so much to help the benzo cause internationally. People are mourning his death world wide. I am also a survivor of benzos and started the first online support group.

*Geraldine Burns,
Boston, USA*

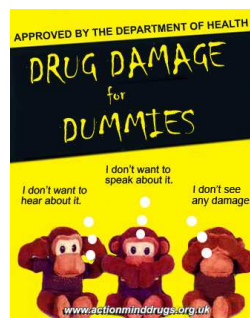
I am sorry to hear such sad news. He was such a larger than life character and a real force for good. I only knew Colin through his website and communicating on the Internet. His work is part of the debate about the consequences of modern drug therapies which continues. It shows his enormous courage how he was able to turn round something that ruined large parts of his own life into a lesson for all doctors and patients.

Colin was a truly courageous man because it takes a huge amount of courage to stand up to the medical establishment. Doctors are not bad people (at least not all ;-) but they frequently do bad things and it was to Colin's eternal credit that he was able to undo what happened and help stop it happening to other people

With love and respect
*Dr Liz Miller,
Author of Mood Mapping*

I am shattered. He was such a wonderful and intelligent advocate. He is a great loss to many. I send my deepest sympathy to you and all your family - I know what it is like to lose your beloved husband.

*Professor C. Heather Ashton
Emeritus Professor of Psychopharmacology, University of Newcastle*



Colin struck me as a kind and gentle man who had put up with a lot of problems and coped brilliantly. He had great courage. In the circumstances I am relieved that he did not have to go into hospital and from your email it all sounds rather sudden. That is a great bonus for him, but makes it all the more shocking for the family.

With very best wishes at this sad time, Colin will not be forgotten.
Dr Diana Samways (Private Consultant)

Colin was my mate, and I feel devastated. I can't stop crying. He helped me so much with my computer and with many other things, he was always there for me; as you were Christine, when you kindly edited my paper for me. In fact Colin was a big Brother to me. I will miss him terribly. It's such a big shock and so unexpected. Colin was a good and true friend and he had become a very big part of my life. I always read his blog even when I arrived home late at night. As I said to Colin, your blog is so addictive! He was totally committed to the benzo cause and he achieved much, he was also well respected by many people. To lose him is heartbreaking. I feel

heartbroken. I am also very angry that he is not here. I feel traumatised with disbelief. By anyone's measure, Colin will always remain a man of substance. I respected Colin because he had integrity and true grit. He actually cared and he repetitively challenged the rotten system which made me so very proud to know him - and for me to be a very small part of his campaigning. And boy, did he sock- it- to- em! As a friend I loved him.... He was one great guy.

I must tell you that Colin and me talked of many things and we had many belly laughs, in fact I used to say to Colin that I was laughing so much, by what he had said, that I had literally fallen off my chair! And I had. Very often he literally made my day - I so loved his way with words. What a fantastic person! For me, it was a privilege to have met Colin. I have lost a very dear and true friend. I will miss him terribly. Sorry if this letter is disjointed, but I feel disjointed

Mary Baker



Colin was a lovely, really kind and caring gentleman; an inspiration to all who knew him. I was actually aware of him and his work, long before we were in touch. I loved his art work, which I became aware of through Emma Hollister as they were both on the same site (I'm a big fan of Emma's artwork too). Then I heard about the book Colin had written but I could only find it on the internet. I don't trust the internet with bank details so whilst I was trying to get Colin's contact details to order a copy and bypass the internet, I got a call from Barry Haslam asking if I knew of a good doctor who would be supportive as someone he knew was in a similar situation to what I had been with regard to benefits and not having proper medical support. At the same time, I got a similar request from Stuart, Claudette's husband, not realising both requests were for Colin. Small world but ironic as I was seeking Colin's details! Without hesitation, I told them about Dr Samways who was absolutely brilliant with me. Barry gave me Colin's email and I told Stuart he could pass my email and I'm not sure who contacted who after that but we got in touch and I put Colin in touch with Dr Samways. I also ordered a copy of his book and Gwen Olsen's through him. We stayed in touch, sometimes regularly, sometimes not so regularly. The wonderful thing about friendship is that you can always pick up where you left off and it never feels awkward. When one's not in the best of health, we have good intentions and mean to keep in touch but aren't always able to. Both Colin and I were not in good health so keeping in touch was sometimes difficult but I think we both knew we were just an email away if either one of us needed anything.

I found Colin to be very inspiring, both with his writing and as an artist (I'm a journalist by profession and do lots of different arts and crafts so that was something we also had in common, apart from being harmed by the drugs and not being able to trust most doctors). From what I know of him, he was a very kind, talented, gentle, caring man who touched the lives of so many people, probably more than we'll ever know. He will always be remembered fondly and never forgotten as through his talents, he's left us a wonderful legacy with so many things to remember him by. These memories will live on.

Ramo Kabbani



The 'Benzo World' will miss him a great deal. His integrity, his honesty and his spirit to fight against injustice for his fellow man. I will value our conversations we had, and our common goal. His death is this world's loss, but heaven's gain. A good man, a good 'warrior', one who will be sorely missed.

All our love and God bless you

Barry and Sue Haslam

Hello Christine, my name is Emma Holister and I was an internet friend of Colin's. It was with terrible sadness that I learnt of his passing away. The world is a less enlightened place without him, although my personal beliefs are that he is still there, changing the world for the better from a happier dimension. He often talked about you and clearly loved you very deeply. The exchanges I had with Colin showed what a tremendously intelligent, hyper-aware and talented man he was, and this was something that certainly made life difficult for him in this terribly unfair world where awokeness comes with inevitable pain. I know that your presence in his life made it all worthwhile for him

Emma xxx

www.art-margin.com (Colin's artwork is in the 'other artists' section)



I am so very sorry to hear of your sad news but Colin was a breath of inspiration. I loved his book which was so true, but nobody wants to listen. I sent my letter a few weeks ago, called 'Forgotten' but believe you me, he will never be that.

God bless

Val Eley and family

I was deeply saddened to hear of your husband's death from Mary Brett and I am writing with my sincerest condolences.

I have been working with Mary for some years now. I have also recently met Mick Behan and have been trying to acquaint myself with the desperate and appalling situation regarding benzos – particularly with regard to the incalcitrance of the ACMD.

I 'visited' your husband's website very recently to read his arguments and correspondence with various departments of government. He was very clearly a man of keen intellect and ability and a marvellously incisive and logical writing style.

Bereavement is so hard and I would imagine you have given so much of yourself over the years in caring for your husband too. I am so sorry for your shock.

I hope you will find it of comfort in due course that there is wider recognition of the courageous battle he fought with the establishment and that, due to his writing, he has left a lasting record.

If this battle is finally won and there is proper recognition of the harm that has been caused to so many people and those responsible are made to accept their role, much will be down to the crucial part played by your husband – getting the issue into the public eye by his powers of communication and argument – his absolute determination despite his own difficulties. He is much to be admired.

Kathy Gyngell

Writer, Drugs Policy Analyst

I was so saddened to read of Colin's death, I only knew him because I have e mailed him and he has answered, but I felt like a close friend had died. He worked so hard to get justice for Benzos sufferers, for that many people like myself are grateful. It's such a terrible shame that the injustices he fought for could not have been put to right before his departing.

I will miss his blog and knowing he will not be there to answer my e mails.

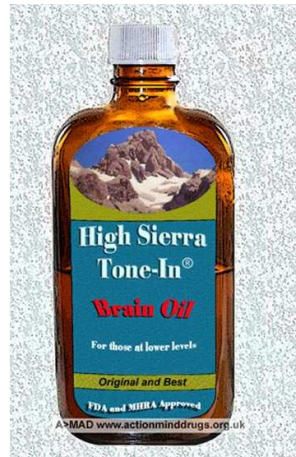
I am sure he is in a better place and is at peace and will look down to see how the cause he fought for is progressing.

Jennifer Stone

I am so deeply saddened to learn of Colin's passing. I remember well how supportive both you and Colin were to me, and very many others, when I joined Ray Nimmo's forum. It must be gratifying that you and Colin managed to make a new life for yourselves...and Colin did a lot in those few short years. He will be missed by very many people - I don't think there is anyone to take over from what he was doing. Yes, there are one or two campaigners left, but I don't think they possess Colin's grace or wit, and certainly not his artistic abilities. I am glad that Colin managed to reinvent himself while he still had some time - I am only sorry there wasn't more for him, and you.

Colin Moran

benzo.buddies.org



I just found out Colin passed away, I can not tell you how very sorry we are, what a shock. Please accept our very deepest sympathy and our caring thoughts. We will be thinking of you on the 17th, it has been a sad year losing two great benzo warriors. [Dr Reg Peart BSc, PhD, died on October 4th 2009]

Val and Steve Bell

