



welcome 

We've got lots for you this month and news that we now have members in Scotland, Wales, England, Spain, Norway, Germany, New Zealand, Australia and America! We've also had therapists and counsellors from the US and Australia emailing us for advice.

Here in the UK the days are getting longer and I'm waking up to my favourite blackbird practising his song for Spring. And with snowdrops

carpeting our local park, it's certainly not far away. Even our Mind Game has a flowery connection this month!

You'll meet Cheryl and Christine and lots of other penpals on page 4 and we have practical advice for keeping your blood pressure down. With No Smoking Day around the corner, we've got interesting facts about how you'll benefit from stopping on page 9.

We guide you step-by-step through making cards to display your stitching and photographic talents and we have fun experimenting with some special effects. You don't need a computer to enjoy the benefits of a digital camera, so have a go at making a special card, perhaps to celebrate Mother's Day in March.

If you're looking for that special gift for mum, look no further than this month's luscious products, so why not take advantage of our discounts and sit back and relax. We've got daffodils for St David's Day, something for cat lovers, a quick and easy scarf and hat to knit, plus a super massager treat, cards and more. So enjoy...



Betsan 

4 step action plan for next month

- Turn to page 7 and make a personalised card for a friend or someone you love. A specially made card says it all!
- Take the first steps to a healthy blood pressure. Use your stitching to control your stress levels as a start.
- Plan an activity you enjoy, however small, every day and don't feel guilty about doing it for yourself!
- Plant some flowers by your front door. Primroses and pansies will smile back at you every time you pass by.



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