



Welcome

There was so much to fit into this month's newsletter that I had to shift things around a bit to squeeze it all in. And what better way to start than with breaking news on recent research to help you stay healthier, and a taster of freebies to come!

Our house is in a World Cup frenzy at the moment – well the males of the household are anyway. I can't see what the fuss is about myself (nothing to do with being Welsh of course!). I plan to use it as a great chance to escape to knit my first ever sock. Alison on page 3 has combined the two by setting her own goal and entering the Knitting World Cup after her Gold medal success in the Crocheting Olympics, whilst Sharon on page 5 is knitting socks that even Beckham would be proud to wear. What an interesting thought!

Of course, if you're looking to expand your footballing knowledge, what better way than learning to surf the internet? It's a very effective and simple way to increase your freedom and independence too, not to mention chatting to your friends at Stitchlinks. From the health point of view, the England team could certainly learn from our Medical update this month. Find out how on pages 5 and 8.

Should all this talk of football drive you crazy over the next few weeks, try a bit of retail therapy in the Stitchlinks shop, or chat to the rest of us footballing widows online!

Betsan xxx

4 step action plan for next month

- Let your other half enjoy their football and use the time to enjoy some serious knitting, stitching or crochet. Or all three!
- Up your intake of water to the recommended levels and put water saving practices into place in your home.
- Let your imagination wander and think about designing your own knitting and stitching projects. What would you love to do?
- Have a pedicure and paint your toenails a vibrant shade of shocking red!

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