



welcome

What a difference a month makes. Here in the UK we went from heatwave to tempest to heatwave and from World Cup mania to a shrugging acceptance. At least Wayne Rooney's metatarsal held up better than his temper! Bones are big on our agenda this August with tips on minimising the risks of osteoporosis on page 8 and an exercise to build up bone strength on page 6 that will cost you nothing.

Star attraction has to be Kelly's stunning work with crocheted silver - you'll find her story on page 2. We travel from rural Cornwall to Yorkshire to meet our new penpals, so pop along to page 4 to meet some new Stitchlinks friends.

An easy *Mind game* to challenge the smartest will set your brain cells buzzing and is great fun to share with your clever friends. After all you only need four out of ten questions right to celebrate success. Try it on page 7 and let us know if we've any budding Einsteins in our midst!

Imagination is the key to *Your opinion* (page 5) this month, but is it flooding your mind with vivid ideas or running a little dry? Knowing the answer will help our research, so please let us know.

With the best book I've read in a while on review and more discounted products in store, I hope you enjoy....



Betsan xxx

4 step action plan for next month

- Take steps to improve your bone strength and health. See page 8 for information and tips and page 6 for a great way to help.
- Take stock. We all do things that are bad for our health. This month stop doing one of them.
- Be kind to yourself; take some time out to relax and enjoy watching the world go by. Make it a regular feature in your life.
- Be kind to someone else; do a good turn and enjoy the smiles you get in return.

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