



## welcome

We'll have just come home from Unravel as this newsletter goes out, so we'll tell you all about that next time. The big news this month is our Stitchlinks team Wall-hanging on page 4. We hope we can make this as BIG as possible to really get each and every personal message across. It'll be fun to create something unique together.

We return to a dear friend this month, having promised in News 1 to

follow her progress as she moves house and country. Find out how she gets on, on page 2. For those of you who'd love to stitch your own Christmas cards, but just haven't got the time, we've got a super alternative on pages 6 and 7. They can be as simple or as intricate as you have time for, so they're a great way of producing an unique greeting in a short space of time.

With low mood hitting many with the changing seasons, this month's *Medical update* looks at Mood and the steps you can take to improve yours for a happier transition across the seasons.

Of course there are more penpals to meet and a new product in our shop that will solve your left over sock yarn problem and get you hooked on a new knitting craze. When you've finished your first don't forget to send us the photos. Perhaps we should have a special Gallery on the Forum in their honour! Turn to page 11 to find out what I'm talking about!

Enjoy this month's read and don't forget to keep in touch with all your friends around the world.

Betsan xxx

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## 4 step action plan for next month

- Make a home made card and post it to someone who would least expect it from you, but would love to hear from you.
- Start a notebook and jot down everything good that happens to you every day. Read it if you're feeling low.
- If you've got some housework or ironing to do, put on some dancing music and bop the chores away. You might even enjoy them!
- Start thinking about your own personal square for our Stitchlinks birthday Wall-hanging. Show off your skills and talents!

