



Merry Christmas
and a happy
New Year
to you all!



welcome

Well, it's not long until Christmas and we've got lots of helpful tips and advice on how you can enjoy and stay safe this festive period.

One of our members will be enjoying the best ever Christmas this year and you can read her story on page 2. For many of us this may be the only time of year we make contact with friends on our Christmas card list. Find out in

our *Medical update* on page 8 how much you can benefit by keeping in touch with friends throughout the year. Did you know they can even make wounds heal faster?! If you don't have a large friendship base at the moment, don't worry as we've got lots of tips on page 10 for expanding your social network. And to help you keep in touch throughout the year our *Something new* section on page 6 talks you through email and how to personalise your messages.

As we discussed last month, this can be a stressful time of year, so on page 12 we've got together a host of useful information to minimise those stresses and strains, to help you to enjoy and relax, but most importantly have fun. Keeping safe is important, too, so we've got a bit of a change on page 11 as we thought this snippet of information was so important we just had to pass it on.

Looking forward to 2007 we thought you'd like to read the story behind your Stitchlinks birthday wall-hanging and how you can support others in crisis in the New Year and beyond. Don't forget, you've got until January 5th to complete your squares, so turn to page 5 for the story so far and a glimpse of some of the talent we have in our members.

Wishing you all a very happy Christmas.

Betsan xxx

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step action plan for next month

- Write lots of lists and plan your Christmas day, so that you can pace your activities and enjoy time with family and friends.
- Knit, stitch or crochet your Stitchlinks square for the Wall-hanging and get it posted off before 5th January.
- Think about what Christmas means emotionally to you and don't get stressed about issues that aren't really important in the bigger picture.
- Have fun with family and friends and tell them what they mean to you. Plan to meet up regularly in 2007

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