



welcome

We've got a slightly different layout for you this month. At the launch of Stitchlinks we decided that we'd try to make the Newsletter as flexible as possible so that we could incorporate different issues every month should the need arise. So when Pam sent us her story we were so gripped by it that we just had to print it in full. If you turn to page 2

you'll see her tale of bravery, courage and ultimate triumph, and we're sure you'll agree with our decision to tell it in full.

You'll find Part two of our feature on setting successful goals on page 6. Here you'll learn how to keep yourself motivated throughout the coming year and how to reward yourself for every step achieved and target reached. You'll find working towards and reaching your goals quite addictive and fun if you follow our tips to success!

We all have difficulty sleeping at some stage in our lives, so our *Medical update* on page 8 looks at some of the reasons for this and the changes you can make for a more restful night's sleep. You'll find a quick tips guide to a better night's sleep on page 10.

News from our *Healthy Eating Group* will keep you up-to-date with the goings on in our Forum as well as give you more tips on eating a healthier diet whether you're trying to lose weight or trying to put it on after illness. Turn to page 11 for this month's tips. Also on page 11 we have another winning combination of colours with a great Fyberspates sock yarn treat for you to enjoy.

Don't forget to keep those ideas coming in, take care and have fun reading this month's Stitchlinks News.

Betsan xxx

4 step action plan for next month

- Plan and look forward to a special Mother's Day (18th March) treat for your mother, a friend or yourself. Do something different.
- Buy yourself a bunch of fresh daffodils and celebrate St David's Day with Betsan on March 1st. They'll bring a smile to your face.
- Cut down on your caffeine intake. Make two cups of tea or coffee your maximum for the day or better still switch to decaffeinated varieties.
- Take a look at your sleeping environment and make plans to change it to create a sanctuary of relaxation and sleep.

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