



Welcome



Your wonderful wall-hanging takes centre spread this month, so if you turn to pages 6 and 7 you'll see each individual square in detail along with some of the accompanying comments. We think you'll agree they demonstrate a huge amount of design and stitching talent. The commitment, enthusiasm and fun that you had in working as a team from the UK, Spain, Germany and Australia was great to see, and I know you've built up firm friendships as a result.

As many of us switch to Summer Time our theme this month focuses on time. We look at ways you can control it on page 6 to make more for time for yourself. Taking time management a step further through pacing will help you to manage conditions such as chronic pain, ME, fibromyalgia and many other long-term illnesses, so turn to our *Medical update* on page 8 for more detail.

You can read Sarah's encouraging story on page 2 and there are more friends from across the globe on page 11 in our Penpals section. Also on page 11 you'll find details of how you can knit for Sri Lankan tsunami victims, so if you like knitting for charity they'd love to hear from you. Find out how you can help our research on page 12 where you'll find details of our online questionnaire and how you can get your voice heard as part of this unique project. I look forward to hearing from you.

Betsan xxx

4 step action plan for next month

- Keep a diary of how you spend your time. Turn to pages 6 and 7 to learn how you can use this to manage your time more efficiently.
- Save time by clearing up clutter. Get into the habit of putting things back where they belong and filing paperwork so it's easily found.
- Enlist a friend's help to carry out a time and motion study of your home and workplace. Store tools near where they will be used.
- Practise taking decisions quickly. Act on them immediately. Don't waste time mulling over endless possibilities.

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