



welcome

Thank you to everyone who wrote in with feedback about our article on self esteem last month. Low self esteem appears to be familiar to many of you, so we're glad the article was of so much help. This month's *Medical update* on page 8 covers back care, another hot topic. With 80% of adults suffering from back pain at some stage in their lives, we take a look at why this happens and ways you can

minimise the risks. If you already suffer from back pain, then a good back care regime is essential. For the rest of us it can minimise the risks of having to learn to live with pain in the future. Our practical approach will help you to adapt this knowledge about the house, in the garden and on shopping trips.

Jess tells us her story of how cross stitching has helped her to work her way out of difficult times on page 2, whilst on page 4 two of our New Zealander friends show off their fabulous quilting skills.

We're hearing great stories about how many of you are linking up and forming firm friendships across the globe. That's so exciting to hear as that's what Stitchlinks is all about! There are more penpals to meet on page 7, so why not contact them today! You never know, she could become a friend for life.

The Newsletter wouldn't be complete without a treat or two to enjoy on page 11. This month we've chosen a beautifully bright sock yarn and a nifty little gadget to help out with your back care regime.

Don't forget to keep that feedback coming in. I look forward to hearing from you all. Enjoy your read!

Betsan xxx

4 step action plan for next month

- Re-read your *Stitchlinks Posture Advice* leaflet and put it into practise along with our tips for a healthy back on pages 8, 9, 10 and 11.
- Make contact with someone new. You never know what it might lead to! Don't wait for others to get in touch with you, make the first move.
- If you're off on holiday or a long journey soon, take regular breaks to take the pressure off your spine and boost your circulation.
- Visit a beautiful garden. Enjoy and absorb the wide-ranging colours and scents of nature. Take some photographs to look back on later.

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