



welcome

Following the response to our article on self esteem in News 16, we have a specially extended *Medical update* for you this month on page 6. We take a look at how low self esteem can lead to feelings of loneliness and isolation with lots of tips on how you can break the downward cycles people can get trapped in.

There's a particularly inspiring *My story* on pages 2 and 3 where you'll discover how stitching has helped one

member to conquer her addiction to alcohol. We'd like to thank her for being brave enough to share her story so that she may help others.

We've got lots of advice on how to stop all that junk mail from cluttering your doormat on page 4, and *Your opinion* makes a welcome return on page 10. I was inspired to find out a bit more about colour after reading so many questionnaires and emails mentioning the powerful affect colour has had on your lives. You'll find there's a lot more to it than simply being decorative. I'd love to hear your opinions on this topic, so when you've had a read of page 10, let me know what you think either by email, post or on the Forum.

Speaking of colour we have a truly vibrant Opal sock yarn in store for you this month. And of course, as a Stitchlinks member you can enjoy a discount of 23% on each ball! That has to be good!

We have another online coffee morning on July 7th. Turn to page 11 for further details and make it a date for your diaries now. It's great fun having a 'real time' chat with people across the world at the same time! I look forward to hearing from you all. And don't forget if you have any suggestions for future articles, please let me know.

Betsan

4 step action plan for next month

- Get help. If you think you have an addiction to alcohol, drugs or cigarettes, don't be afraid to ask for help. Make this month the month to stop!
- Take steps to stop unsolicited mail. Follow our advice on page 4 to cut down on postal and email junk and spam.
- Spend some time thinking about colour and how it affects your life. Try introducing a wider range of colour into your world and observe the effects.
- Meet us for online coffee on the Forum at 12pm (UK time) on Saturday July 7th.

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