



welcome

Many of you tell me how much our *My story* articles inspire you.

The stories give you courage to try out new activities but also to write in with your tales. Helen was inspired by Pam's story in News 14 and wrote in to tell us about her life and how

knitting has helped her through some difficult times. Like many she found telling her story cathartic. Having read your stories, two of our other members who've been suffering from low confidence in social situations have been encouraged to go out - one to a social event and another on a holiday abroad for the first time! Isn't it wonderful to hear? And it's all thanks to your courage in telling your own stories. So, should you feel the urge to put pen to paper or cursor to screen, please send them in. And don't forget you can do it anonymously if you're more comfortable with that.

Talking about travelling abroad, those of you in the Northern Hemisphere may be taking holidays in the next month. So in this month's *Medical update* you'll find lots of advice on minimising your risks of developing a DVT on the journey. If you're staying at home, you should heed this advice too. Turn to page 6 to find out why.

Emotions can cause physical and psychological changes. We take a closer look at how important these are and the information they convey so turn to page 4 to find out more.

Pauline sent us a short article to share with you on page 10 where you'll also find more new penpals to meet. Some members choose not to become penpals, so if, like them, you don't feel confident enough to chat to others, a great place to start is to follow our online coffee morning discussions. Turn to page 11 for details. I look forward to meeting you there.

Betsan *xxx*

4 step action plan for next month

- Get moving. If you're sitting for long periods it's important to keep you circulation moving. Get started now with our exercises on page 9.
- Take a pen and paper and find a quiet space to sit and write down your story. Write out all your feelings - you'll find the process helpful.
- Having written your story, put it away somewhere safe, then re-read it in a couple of month's time and try to learn from it.
- Meet us for online coffee on the Forum at 12pm (UK time) on Saturday August 4th.

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