



welcome

When I was writing the *Medical update* for this month I realised how far we've come in understanding how knitting and stitching can be used as effective tools for managing pain and depression. You'll find part one of how to use your knitting and stitching to manage chronic pain on page 8. You don't have to suffer from pain to

benefit from the information contained as the same principles can be used to manage depression and other conditions as well as find balance in life. My aim is to write a series of similar articles which will look at these in more detail over the coming months.

Jackie's story on page 2 tells of how she found two wonderful companions who have walked alongside her on her road to recovery. I know you'll love her story. Like many of our members she has a strength of character and a huge amount of talent that she doesn't fully appreciate she has as yet. You can find out about what some of our other members have been up to on page 4. Plus there's more about *The Missability Radio Show's* walking stick cosy competition on page 4. With loads of new penpals on page 5, why not get in touch with someone new today. Who knows where it might lead!

Following on from Jackie's story we've taken a look at the benefits of owning a pet. We know that many of you are pet owners and already enjoy some of the benefits, but research has found some surprising results that you may not be aware of. Turn to page 6 to find out more. There are lots of other snippets filling our pages this month, so relax and enjoy. Hope to chat to you at our online coffee 'morning' very soon. You'll find details on page 11. Until then...

Betsan xxx

4 step action plan for next month

- Send us some news of yourself. We'd like to hear about what you're involved in and see photos of your latest projects.
- Contact a new Stitchlinks penpal and let us know how you get on. You'll never know what it will lead to until you do it.
- Visit www.iknit.org.uk/stitchnbitchday.html to find out more about the UK National Stitch n' Bitch Day in November. Come and meet us.
- Join us for online coffee at 12 noon (UK time) on Saturday September 1st. It's a lot of fun and a great way to start using the Forum.

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