



welcome

As we move towards October we're into a period of change. In the UK autumn is just around the corner and those of you downunder, I know, are seeing the first signs of spring. We'll be changing the Stitchlinks website over the next couple of months and you'll find details on page 12. We're also looking at ways we can make this Newsletter more interactive. We had lots of positive feedback from you about our *News from friends* section last month, so this is an item we hope to continue, but we can only do so with your help. Ursula and Pauline sent their news and views to us this month, and if you turn to page 4 you can see what they've been up to. It certainly inspired me! Let us know what you've been doing - it doesn't have to be knitting or stitching related!

Part two of using your knitting and stitching as tools to manage chronic pain looks at Mindfulness and relaxation in greater detail, so turn to page 6 to find out more. We're keeping to 'things medical' in our *Something new* article on page 8 as we take a look at how you can build a partnership with your doctor to benefit you both. Ruth is someone who's very familiar with both these subjects and you can read her story on page 2. You'll find contact details for friends who have taken part in this Newsletter on page 10, so why not get in touch. It's good to talk things over with friends who understand.

There are a few opportunities to meet up over the next few months. I know some of you will be at Ally Pally, others are coming to see us at the UK Stitch n' Bitch day on 10th November. But if you can't make any of those dates, why not join us on 12th October at 12 noon (UK time) for a chat at our online coffee morning. Hope to meet up with you soon...

Betsan xxx

4 step action plan for next month

- Think about how you feel as you knit or stitch. Try to remember these feelings and practise transferring them across to everyday life.
- Share some snippets of news or ideas with us. If you have a favourite recipe, technique or tip, why not share it with other members.
- Learn to talk to your doctor. Develop a partnership with him that will benefit you both. It will enhance your healthcare no end.
- Join us for online coffee at 12 noon (UK time) Saturday October 6th. If you don't feel like joining in, watch from the sidelines and have fun!

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