



## welcome

We've had a very busy month here in Stitchlinks Towers and we've got a packed Newsletter that's so full to bursting we've had to add an extra page full of stocking fillers from the Stitchlinks shop. Of course, as with all items in the shop, Stitchlinks members enjoy a

substantial discount. So why not by-pass all those Christmas queues and get your festive gifts delivered to the door, plus save money at the same time? Turn to page 10 for details.

I know lots of you have found the series on using your knitting and stitching to manage chronic pain really helpful. It concludes this month on page 6. The whole article will be soon be available, in full, as a free download from the Stitchlinks website, [www.stitchlinks.com](http://www.stitchlinks.com).

Our very own Sarah won Missability's knitted walking stick cosy competition. Congratulations to her. You can read all about her entry, plus other news from friends on page 4. The ever wonderful and resourceful Sockfairy has organised another Stitchlinks team project - Mini-make 2 - to celebrate the theme of 'Friendship' and our second birthday next January. Find out how you can become involved on page 5. What would we all do without your wonderful ideas, Sockfairy? You can also join in with the Mini-make 2 debate on the Forum.

Rachael uses stitching to manage her asthma. Find out how in her moving *My story* on page 2. She'd love to hear from you too, so why not get in touch? We've got her details and those of other new friends to make in our Penpals section on page 5. Drop them a line - you never know you might make a friend for life!

I know we'll be meeting some of you for the first time at the UK Stitch and Bitch Day on 10th November, so I'm really excited about that. But don't forget to pop into the Forum to say hello at the next online coffee 'morning' on 3rd November. Details are on page 11! See you there!

Betsan xxx

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## step action plan for next month

- Be part of our Stitchlinks team project - Mini-make 2 - to celebrate our second birthday on January 23rd 2008. Find details on page 5.
- Enter round two of Missability's knitted walking stick cosy competition and see your entry exhibited. Turn to page 4 to find out more.
- Start making plans for the festive season and tell yourself that this year you'll make the most of all the opportunities it brings.
- Join us for our next online 'coffee' morning on Saturday November 3rd at 12 noon, UK time. Looking forward to seeing you there.

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