



welcome

We've been putting a few names to faces this month. It's been wonderful to meet up with some of our members at various shows. We've got some pictures to share with you in our *News from friends* section on page 4. And we haven't been the only ones meeting up - read more on page 5 about how a New Zealander, Australian

and British member got together in Melbourne to form a firm friendship. Also on page 5 we have more new penpals for you to meet.

Helen tells her story of how knitting has helped her to make friends when settling in different countries throughout her life. She now lives in the stunning north west Highlands of Scotland, and shares some of their beauty with us, plus some skilful lace knitting.

If getting out and about to meet new people is difficult for you, our *Medical update* takes a look at agoraphobia. Discussion lines on the Stitchlinks Forum show that many suffer from some degree of unease in social situations, so we know this subject will be of interest. You can also find out how your knitting and stitching can help with the symptoms on pages 8 and 9. Let us know how you get on.

If you're experiencing problems in other areas of life - perhaps there is something you'd like to give up, or something you'd like to do, but for some reason can't, then you might find it helpful to keep a thought diary. Find out how you can do this on page 6.

With Christmas just around the corner, we have more stocking fillers on pages 10 and 11, but please order before December 10th to ensure delivery in time.

I'm looking forward to chatting to you at our online coffee morning on 1st December at the new time of 10am (UK time). So see you there!

Betsan xxx

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step action plan for next month

- Plan your New Year's resolutions by thinking about what you'd really like to achieve next year. Research practical ways of reaching these.
- Visit our secure Stitchlinks Members' Forum. You'll meet new friends who enjoy chatting in a safe environment. If you need help, just ask!
- Be part of our Stitchlinks team project (see page 10). Remember the closing date is 15th January 2008.
- Join us for our next online coffee 'morning' on Saturday December 1st at 10am, UK time. Please note the new time. See you there!

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