



## Happy Christmas!

Helping you to find and enjoy the benefits of a supportive network of friends is the essence of Stitchlinks, so it's been great to hear that some of you are meeting up having established firm friendships through our Penpals and Forum. There are more penpals to meet on page 4, plus four pages of Christmas greetings to enjoy from members across the world beginning on page 2.

Stitchlinks member Pauline gives us a taster of freestyle embroidery on page 6. We think you'll agree her work is exquisite, but we warn you it's likely to whet your appetite to try something new - her work is an inspiration to us all!

We have received a big donation of gorgeous wool from Diane, who is head of **International Humanity UK** ([www.internationalhumanity.net](http://www.internationalhumanity.net)), so if you enjoy knitting for charity you can find more details on how you can become involved on page 7.

Our *Medical update* looks at the complexities of addiction and how you can resolve to make 2008 the year you successfully conquer harmful habits, so turn to page 8 and put plans into place over the festive period.

We have a gorgeously soft sock yarn in our store this month and, of course, as a Stitchlinks member you'll enjoy 23% off its recommended retail price, so why not treat yourself for the New Year?

January 23rd sees our second birthday, but I hope to chat to you before that on the Forum and at our next online 'coffee morning' on Saturday 5th January at 10am, UK time. We're trialling an evening one in January, too - you'll find details on page 11. Until then have a good festive break!

Betsan 

## 4 step action plan for next month

- Buy a calendar or diary and schedule in some outings, get together with friends, or even a holiday. It's something to look forward to!
- Make sure you have an adequate supply of knitting and stitching materials to enjoy over the holiday period for effective stress relief.
- Resolve to beat addictive habits in 2008. Turn to our *Medical update* for information on how to maximise your chances of success.
- Join us for online coffee on Saturday 5th January at 10am, UK time, **plus** Wednesday 16th January at 8pm! See page 11 for details.

## Contents

- *News from Harrogate - meet up with friends* Page 2
- *Christmas greetings - keep in touch at Christmas* Page 2
- *Penpals - discover more new friends to chat to* Page 5
- *Something new - learn about free style embroidery* Page 6
- *Knit for others - get your free wool to knit for charity* Page 7
- *Medical update - conquer addiction in 2008* Page 8
- *What's new in store - indulge in a discounted treat* Page 11
- *Looking forward - plan for the year ahead* Page 12
- *Order form - order your products and kits* Page 12