

Happy Birthday Stitchlinks!

On the 23rd January Stitchlinks will be one year old – that’s quite an exciting milestone. It certainly doesn’t feel like a whole year since we started meeting you all and forming such firm friendships.

Most of us will have begun this brand new year with a few promises to ourselves to do something different in 2007, so we’ve decided to help you out with that. Turn to page 6 and you’ll find lots of advice on setting goals and how to ensure they’re successful. We had too much to tell you in one article, so you’ve got Part 2 to look forward to next month – this will help to keep you motivated!

January and February are typical months in which to feel a bit drained of energy and motivation, but we’d like this year to be different for you. You’ll find our tips on improving your energy levels in our *Medical update* on pages 8, 9 and 10. Use it to put a bit of zing back in your life, no matter how grey the days.

Alongside this we’re introducing our Healthy Eating Group. Members will be able to support each other on the Forum and keep up-to-date with tips in our Newsletters. Turn to page 4 for more information on how you can make 2007 the year you successfully kick those junk food habits.

There’s a special knitting treat from the Sockfairy on page 5 – it’ll keep you warm when you need to cuddle up to something. With two new yarns in the shop and lots of useful tidbits to digest, make yourself a cuppa and sit back to enjoy!

Betsan xxx

4 step action plan for next month

- Start planning a Valentine’s treat for your partner or friend. Surprising them will give you lots to look forward to.
- Take time out to knit Lottie’s Hottie – make it extra special by adding beading or ribbons and when it’s done cuddle up with a good book.
- Come and say hello to us on the Forum. Join our Healthy Eating Group and make 2007 the year you ditch the junk food for good.
- Think about one or two long term goals and break them down into achievable bites to tackle this year with our support.

Contents

- *My story – discover how craft has helped Sue* Page 2
- *Penpals – meet another new friend to chat to* Page 3
- *New Forum group – support for healthy eating* Page 4
- *Mind games – sharpen your mind the fun way* Page 4
- *Expand your horizon – look forward to the future* Page 4
- *Lottie’s hottie – knit a quick and easy treat* Page 5
- *Mind games – exercise your mind to keep it sharp* Page 5
- *Wall-hanging – keep updated with the story so far* Page 5
- *Something new – learn to set successful goals* Page 6
- *Medical update – inject some energy into your life* Page 8
- *You quick guide – boost that flagging energy* Page 10
- *What’s new in store – more discounted treats* Page 11
- *Looking forward – find out what’s coming up* Page 12
- *Order form – order your products and kits* Page 12