



## welcome

Here in the UK we're enjoying an exceptionally warm spring – great for sitting outside under the trees with a bit of relaxing stitching or knitting.

I prefer smaller knitting projects in warmer weather, so it's a great time to practise and perfect your sock knitting. Our shop this month has a fabulous sock yarn from Trekking on page 11, so why not treat yourself. Download our *Stitchlinks Guides to Knitting Socks*

and join our sock knitting Ninjas and Grand Masters on the Forum! Don't forget you can post pictures of your accomplishments on our Forum, too, so that we can all admire them across the globe.

Projects that are a little more challenging, but achievable with a bit of practise do wonders for your confidence. You can discover ways of boosting your self esteem even further in this month's *Medical update*. It's an important factor in the way you manage life's ups and downs. Find out more about it on page 8.

There are lots of Stitchlinks members to meet this month. On page 2 our *My story* comes from Val, who has some great tips on running a highly successful support group. Another member, Helen has written about Reflexology in our *Learn something new* article. She's been a qualified practitioner for more than 10 years, so turn to page 6 to find out what you can expect from a treatment.

You can meet our *Special penpal* June and other friends from around the world on page 5, so put on a brew and enjoy...

Betsan xxx

## 4 step action plan for next month

- Accept and enjoy any compliments given to you. Don't make apologies or excuses, instead say thank you and enjoy the moment.
- Find out a bit more about Reflexology by following Helen's links on page 7. Enjoy discovering something new.
- Make a decision to change an area of your life you don't like and act on it. Then persevere to see it through!
- Join in. Don't assume you're not important enough to take part in activities with other people. Bite the bullet and do it!

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