

August Needlecraft Report

For different reasons it was a depleted group of seven who met for our monthly meeting. A variety of tasks were undertaken, including embroidery, knitting, crochet and quilting. In a renowned Weekend magazine recently it asked "How Crafty Are You?". It highlighted the fact that any absorbing handicraft is very beneficial for keeping your mind and body healthy. The concentration required means that you turn off from your worries and anxieties. It is even better to do this in a group situation, as it helps people to 'connect' and release stress.

Our group discussed what we had accomplished since we last met, which included making summer trousers out of an unwanted duvet cover and finishing knitting items e.g. for premature babies etc.

As per usual we did not work in silence and such subjects discussed included the use of bad grammar, imperial measures compared to metrication and teaching children to read as well as the wonderful varied butterflies we saw on the buddleia bushes.

We discussed our yearly outing and next month it is proposed that we go to see the Vivienne Westwood exhibition at Bowes Museum.

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