

Dacorum Women's Aid Newsletter

New Year's resolutions!

Is it the time right?

If you're deciding to give up/shape up/clean up your life, then you have to be 100% sure the time is right for you. Just because January is the most obvious time to make resolutions, it doesn't mean that you'll stick to them. There's no point making a resolution if you don't even think you'll make it through the day - make your New Year's resolutions last more than a minute!



Prepare yourself

Let's face it, there's no point going into your Diet D-Day with a fridge still stuffed with mince pies, or squirreling away your ciggies before giving up (just in case!). The greater the temptation, the quicker you will give up.

Overcome the impossible

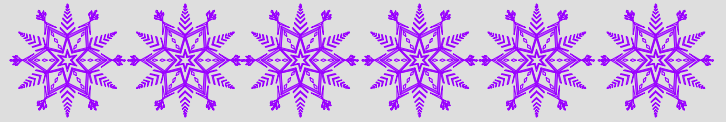
Giving up anything that's played such an important part in your life is going to hurt.



There are bound to be times when your resolve threatens to fall apart. The key is to set yourself up with strategies for overcoming those inevitable moments

of weakness, from talking things through with a mate to taking up an activity that'll keep your mind occupied.

Stay focused!



Happy New Year from all at Dacorum Women's Aid!! We hope 2007 will be a good year for you all.

Help us help women around the world

For a number of years now Dacorum Women's Aid has been supporting the Saartjie Baartman Centre for Women and Children (SBCWC) in South Africa. This centre, the first of its kind in South Africa, was opened in 1999 as a one-stop shop for abused women and children in the country. The Centre offers a range of services, including the provision of safe accommodation, counselling, job skills training and legal advice, to women and their children who experience domestic and/or sexual violence.

With your support we would like to help this centre further by raising some money. They require everyday items such as bedding, clothing, curtains, furniture, non-perishable food, small appliances, soap, toothbrushes, toothpaste and towels.

For the children in the shelter: baby formula, nappies, books, clothing, educational toys, crayons, paper and pencils.



To help we will be holding a New and Nearly New Clothing and Toy Sale on Monday 15th January from 11 am - 1 pm All money raised will be going to the centre.

If you would like to help, by making cakes, helping set up the sale or if you want more information, contact us on 01442 251172.

Children's Page



A New Year picture for you to colour

Which weighs more a ton of feathers or a ton of bricks?

Neither. They both weigh the same - a ton!

What has two hands but can't clap?

A clock



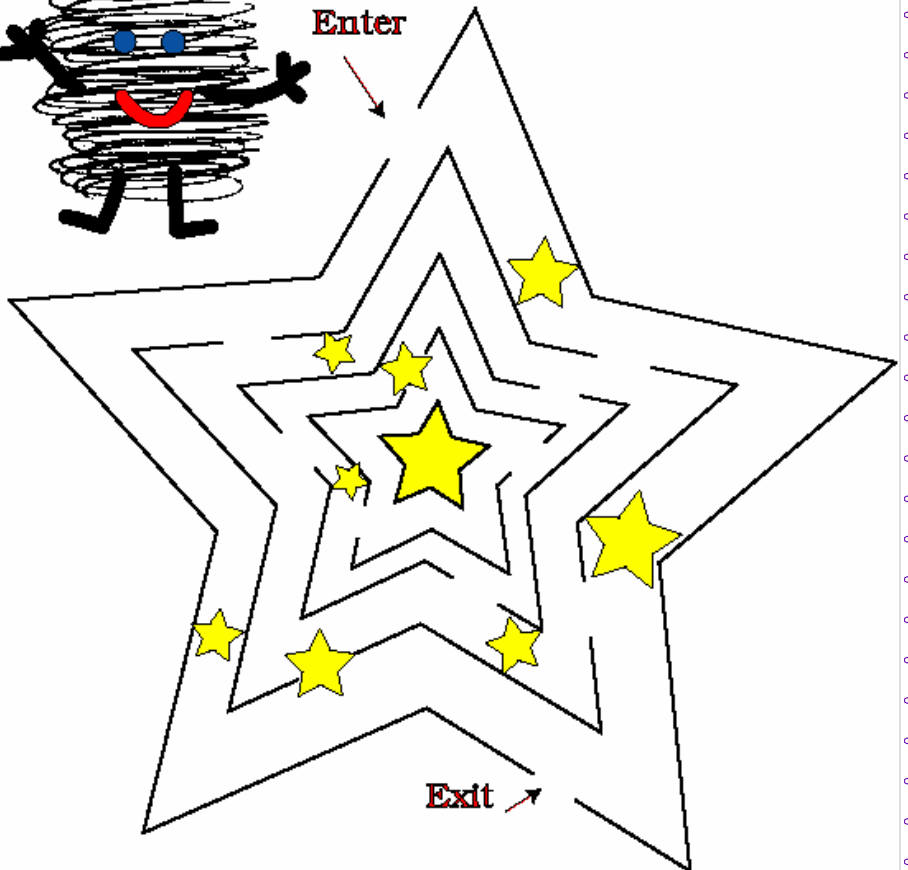
What are prehistoric monsters called when they sleep?

A: dinosaurs!

Help Squigly find his way through the star.



Enter



Exit

What is the fruitiest lesson?

History, because it's full of dates!

