



DATE FOR YOUR DIARY

AFTERNOON TEA 23RD OCTOBER 2015 TO BE HELD AT HOLLINGWOOD HUB, 22 Works Road, Hollingwood, S43 2PF (Sat Nav S43 2JP)

Toby Perkins MP is coming along to this meeting to learn more about the work of our group. Thanks to Muriel, our Ambassador, who had written to Toby Perkins highlighting what we do as a group, he followed this up by



[Hollingwood Hub]

asking if he could come along to see us at one of our events as he, too, has hearing problems and is interested in our work. Do come along and support our group as we inform him of the work and help we give to others, all of which is voluntary. Please see attached Booking Form/Directions.

THE VOLUNTARY SECTOR AWARDS

We are really happy to say that Chesterfield & North Derbyshire Tinnitus Support Group has been shortlisted for "The Organisation of the Year" category. The award ceremony

takes place on **Wednesday evening 14th October commencing at 7.30pm** at the Pomegranate Theatre. Also one of our volunteers, Jemma Glossop, who has physical and learning difficulties, and who is a volunteer for both the Tinnitus Group and DAST, has been shortlisted in the nominations category of Young Volunteer of the Year. Also the Derbyshire Asbestos Support Team, of which Joanne is Co-ordinator has been shortlisted in the nominations for The Most Innovative Project for Asbestos in the Home. Tickets are available for the evening costing £5.00. If anyone would like to come along and join us for the evening, please contact Joanne on **01246 380415**.

TALK BY MIKE GARVEY about living a happy lifestyle with Meniere's Disease

I know of two of our members who also experience Meniere's disease so we invited Mike along to our Coffee Morning on the 11th June to talk about how he manages this condition and lives a full, active and happy lifestyle.

When Mike retired he became a JP but gave this up to concentrate on managing his Meniere's disease. However, before he retired he was an Architect and led a very busy life driving all over the country which was very tiring. When he had his first Meniere's attack in 1993, he thought it was because of the excessive travelling and lack of sleep. Three weeks after his first attack he had another major attack and was taken into hospital. This was an horrendous experience for him and he continued to have minor repeat attacks. Mike had

always been athletic, starting at the age of 7 years old cycling for miles. His sporting activities later took him through to international level.

Whilst experiencing the Meniere's attacks Mike looked on the internet for information but there was not a huge amount of research; the best he found was in the States and on this particular site he found quite helpful information as they advocated natural remedies. He sourced the remedies and now takes: Magnesium, Ginkgo Biloba, Vitamin C, Garlic and the herb Rutin.

[Please Note: As a group we do not recommend or otherwise any food supplements/vitamins. Those mentioned are those that Mike has found helpful for him personally]

The site did say there were no guarantees but it helped Mike initially. Over the next 10 years he had repeated attacks and about 10 years after the first one he had another major attack and was in bed for 2 weeks, after which he developed tinnitus.

His aim was and is, always to keep as fit as possible.

Mike focused on his sport which has helped him immensely. He was one of the top 6 in the world for 100 metres



[Cyclists courtesy of the Internet]

and the top 3 in the world for the long jump. The 1996 record he set still stands today. His wife also joined him at the age of 40 and also became a world class long jump athlete.

In 2003, whilst doing a long jump, Mike landed wrongly and badly damaged his back, after which 4 years of treatment followed. So bad was the injury that he had to give up this type of athletics but his love of cycling continued. Mike is now 74 and still cycles competitively. Happy to say that he hasn't had another major attack since 2004, although he has had some minor ones but they are getting less and less and he has not had any during the past 12 months and is the fittest he has ever been.

A friend of Mike's is Dr Steve Peters, a Psychiatrist and an international athletic sportsman. Dr Peters was the Psychiatrist at Rampton Prison and now runs his own business with a large team working for him though he still does some training for Sheffield Hallam. His business takes him into large companies where he trains managers in how to become better managers. He is now training the staff also and getting very positive results.

Mike told us how Dr Peters went along to a school of very disruptive children to talk to them. The children hung on to his every word. Feedback following his visit was excellent as they are now the best behaved children in the school. The Ministry of Education have now contacted Dr Peters and they are working through schools throughout the country.

Mike then talked about our automatic responses referring to the "chimp" brain and how we can learn to control the "chimp" brain. The "chimp" brain is that part of our brain that over-reacts. Dr Peters has written a book called:-

The Chimp Paradox: The Mind Management Programme to Help You Achieve Success, Confidence and Happiness

The following is an extract from the write-up about the book from the internet. Mike said you can purchase the book from Amazon.

“Do you sabotage your own happiness and success? Are you struggling to make sense of yourself? Do your emotions sometimes dictate your life?”

“*The Chimp Paradox* is an incredibly powerful mind management model that can help you become a happy, confident, healthier and more



successful person. Prof Steve Peters explains the struggle that takes place within your mind and then shows how to apply this understanding to every area of your life so you can:

- Recognise how your mind is working
- Understand and manage your emotions and thoughts
- Manage yourself and become the person you would like to be”

“The Chimp Mind Management Model is based on scientific facts and principles, which have been simplified into a workable model for easy use. It will help you to develop yourself and give you the skills, for example, to remove anxiety, have confidence and choose your emotions. The book will do this by giving you an understanding of the way in which your mind works and how you can manage it. It will also help you to identify what is holding you back or preventing you from having a happier and more successful life.

Each chapter explains different aspects of how you function and

highlights key facts for you to understand. There are also exercises for you to work with. By undertaking these exercises you will see immediate improvements in your daily living and, over time, you will develop emotional skills and practical habits that will help you to become the person that you want to be, and live the life that you want to live.”

Cawthorne Cooksey Exercises

These exercises are to help with balance and are recommended for people who experience Meniere’s or other balance problems.

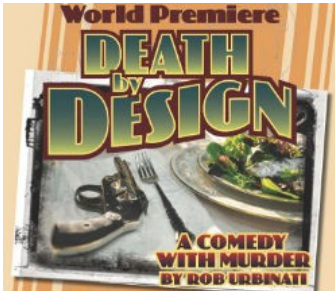
In bed or sitting

1. Eye movements -- at first slow, then quick
 1. up and down
 2. from side to side
 3. focusing on finger moving from 3 feet to 1 foot away from face
2. Head movements at first slow, then quick, later with eyes closed
 1. bending forward and backward
 2. turning from side to side.
2. Sitting
 1. Eye movements and head movements as above
 2. Shoulder shrugging and circling
 3. Bending forward and picking up objects from the ground
3. Standing
 1. Eye, head and shoulder movements as before
 2. Changing from sitting to standing position with eyes open and shut

3. Throwing a small ball from hand to hand (above eye level)
4. Throwing a ball from hand to hand under knee
5. Changing from sitting to standing and turning around in between

DEATH BY DESIGN by CHESTERFIELD THEATRE COMPANY

Despite its title, this is a very funny play. Think Noel Coward plus Agatha Christie with a touch of madness and mayhem and you have the scenario for **Death by Design** by Rob Urbinati. The setting for the play is an English Country Manor in 1932. Edward Bennett, a playwright, and his wife Sorel head to their home in Cookham after disastrous



reviews of the opening night of their play in London. Various guests arrive unexpectedly, a conservative politician, his partner, a fiery socialist and a Bohemian modern dancer. When one of the guests is murdered, all the characters have a long-held secret and a motive for murder. It is left to the outspoken maid – Bridget to solve the mystery.

In the hands of regular Chesterfield Theatre Company Director, David Holmes, you can be assured that the comedy will be played to full effect. Moreover, with a cast of both Chesterfield Theatre Company regulars and newcomers you can be guaranteed an entertaining evening.

Death by Design was described by the Maine Sunday Telegraph as being “chock-full of puns, one-liners, off the wall references and keen jokes that

one viewing alone could never glean all its comic gems.”

Death by Design will run from **Thursday 3rd December – Saturday 5th December** from 7.30pm at Rose Theatre, Chesterfield Studios, Rosehill, Chesterfield, S40 1LW. Ring the Box Office for tickets on **01246 271540**.

Joanne and her husband, Simon, are acting in this play.

TIME SWAP



Our speaker at the Afternoon Tea at the Whitworth Centre, Darley Dale, which was attended

by thirty people, was Villa Webster who works at the Derbyshire County Council.

Villa said that Time Swap, which originated in America in the mid 1980s and later came to England in



1990, is a new project which is being launched across Derbyshire. However, Time Banking has been



active in the UK since 1998 and there are now over 350 Time Banks around the UK.

Time Swap is a reflection of the time when communities used to help each other and is basically about swapping

“time”. By joining Time Swap you give one hour of your time to someone else by doing something that they are unable to do. In return you earn an hour’s time which is used when you need some help. This can be anything from gardening to simple DIY jobs, shopping, form filling, knitting/sewing, car washing, dog walking etc.

The Time Swap initiative is free to join and all new members will receive an hour of time to be deposited into their account. No money is exchanged; it is all to do with “time”. It is about giving and receiving time by helping others and allowing other people to help you. For more information about Time Swap contact the Derbyshire County Council on 01629 532049 or email: timeswap@derbyshire.gov.uk

THANK YOU!

To Joy, our Group Fundraiser, for selling more items after the May Day event and raising a further £65.00.

To Gwen Biggin, one of our members who made a beautiful embroidered cushion, depicting the Crooked Spire, which she donated so we could raise funds. We sold raffle tickets at the Afternoon Tea at the Whitworth Centre and raised £25.00.

OUTREACHES

With thanks to funding from North Derbyshire Voluntary Action (NDVA) we are able to hold four Outreaches to take our support into the community. Buxton is our first on the 1st October followed by Clay Cross. on the 8th October. Two further Outreaches are to be arranged next Spring and will be for different areas in Derbyshire.

The Information Days will take place on: **Thursday 1st October 2015 Buxton Methodist Church**, Chapel Street, Buxton, Derbyshire

SK17 6HX from **10.30am – 3.00pm**



At Buxton there will be a short Introductory Meeting between 11am and 12 noon with presentations from Chesterfield and North Derbyshire Tinnitus Support Group and Audiology Department, Chesterfield Royal Hospital. However, members of the public are free to drop in any time during the opening hours. There will also be professional support from Audiology, the BTA, Deaf & Hearing Support, Living with Long-term Health Conditions and Health Watch Derbyshire.

Thursday 8th October 2015 Clay Cross Social Centre, Market Street, Clay Cross, Chesterfield, Derbyshire S45 9JE

From 11am – 3.00pm - Drop in only



At Clay Cross there will also be professional support available from Audiology, Chesterfield Royal Hospital as well as other related support organisations including Deaf and Hearing Support, Living with Long Term Health Conditions, Health Watch Derbyshire, Tootsies (footcare) and

information about healthy lifestyles
Come along and have a go at making a fruit smoothie on the smoothie bike



ROYAL HOSPITAL - 2ND OCTOBER

We have been invited by the Royal Hospital to go along for the day for their



Partnership event encouraging organisations/groups to exhibit the work they do and be available to help and support people as they pass through the hospital on that day. We will be there from 10.00am if anyone wishes to come along to chat to us. [Photo - Muriel and I at the hospital during Deaf Awareness Week]

JACK THE BEAR

Jack the Bear is our mascot and we have lots of little bears like him for sale for £6.50. They are lovely and soft and wear a T-shirt with a bee motif and a lovely woolly scarf. If anyone would like to own Jack, please contact us on **01246 380415**. We always take him along to our meetings too.



[Jack at the Afternoon Tea at the Whitworth Centre]

GOOD NEWS THAT WE HOPE WILL EVEN GET BETTER!

A few months' ago, we applied for funding to the Skipton Building Society's Grassroots Giving initiative and we are delighted that we have been shortlisted. They received over 1,000 applications from community groups, clubs and organisations from across the UK.

The following is extracted from their email to us with all details how the voting takes place.

"We're really impressed with the work that you do. To make it to the shortlist stage you beat off hundreds of other applicants and were able to clearly demonstrate the positive impact you make in your local community."

In their email they said:

*"In order to fairly allocate the funds now we ask the public to tell us who they would like to receive the funding. We will profile you and all the other shortlisted applicants on our website, **www.skiptongrg.co.uk**, to help raise awareness of the work that you do, and this is where people will be able to vote for your group."*

It's a quick, simple click of the button to vote - your group will be listed under your geographical region - just click through to your profile and click the vote now button on the page.

This year you are also able to invite your supporters to vote in their nearest branch, where Skipton Building Society colleagues will take their vote and log it for you.

We will also be promoting your group on our social media channels too so do watch out for that @twitter.com/SkiptonBS_GRG or Facebook.com/skiptonbs.

I have checked to see if there are any Skipton Building Society branches in Derbyshire but unfortunately there don't seem to be, unless anyone knows otherwise. However, there are branches in some of the areas where we have members – Nottingham, Manchester, Sheffield, Norwich. Please contact us if you know of one locally.

We would very much appreciate your support. Flyer attached.

PRINCIPLES FOR HAPPINESS that are helpful for tinnitus

“Happiness makes the world go round!” is a saying that has been around all my life. But it really is true.

This is now more than just a saying as Happiness Clubs are springing up around the country. Researchers have



found that people are happier when they are with other people than when they are alone. They have discovered that happy people are more pleasant, helpful and sociable. So being around people makes us feel happier and when we're happier we are more fun to be around, creating an “upward spiral” of happiness. However, because you have tinnitus doesn't mean that you can't be happy. On the contrary, if you truly embrace happiness you will find that your tinnitus slips into the background (as it prefers “stressed-out” people). It's worth a try! [You may recognise a couple of faces on the photo above]

“Happiness is found in the ways you react to the variety of life's experiences. However, you need to be able to sort out your beliefs and thoughts that accurately show you the way to happiness and wellbeing and separate those from the half-truths, mixed messages and wrong ideas that lead you in the opposite direction.” You also need to work out the best path to follow to achieve the right goals – the ones that will make you happy.”[Keith Were, author of “Help yourself to

happiness”]

Those sentiments are true; we do tend to take life for granted and it is not until we suddenly become aware of a noise (tinnitus) that challenges and disturbs us that we are stopped in our tracks. Tinnitus can be considered as your emotional barometer that is letting you know that your life is out of balance. In the majority of cases this is related to stress. On becoming aware of tinnitus we are vulnerable as there are many thoughts and fears racing around in our minds (this is an example of the chimp brain).

However, if you are able to speak to someone who doesn't fill you with doubt and fear and negativity then you would be in a much better place to learn to manage tinnitus effectively right



from the start. Unfortunately, for most people, this is not the case and you can be influenced by what people say and how they react to you.

However, acceptance of life's challenges is a key to living well. If you find that your thoughts are constantly focused on your tinnitus, then you need to use your mind to participate in other possibilities and gradually positive changes will happen.

“People who have a sense of meaning and purpose are happier and more resilient. This usually means having a sense of contributing to something beyond oneself”.[Psychologies – Report by Anitta Chaudhuri]

This can be absolutely anything that allows you to become part of the bigger picture, not allowing yourself to

internalise your thoughts and fears about tinnitus. (Joining Time Swap may be one way in which you meet others in a positive way).

In our Workshops, which have now started, we aim and encourage people to see things differently. People who have goals tend to be happier because they know where they're going. However, small achievable goals are the best as they give you hope and optimism which is really important.

Acceptance is key to managing your tinnitus successfully. We all have inner strengths which need to be nurtured. It seems that we are hardwired to focus on the negative but taking time to note down things you are grateful for really does help you to look at life differently.

You need to be able to notice what you are feeling emotionally and physically without having these experiences overwhelm you. When learning to manage tinnitus, it is better to take one step at a time rather than pushing too hard. In other words, don't expect changes to happen overnight, but with



the right help and support, you will

learn to manage your tinnitus well and live a happy and fulfilling life.

The following poem sums up what we aim to achieve.

Seize the Day

By Iris Hesselden

Cherish the moment, here and now,
Forget the worries of the past,
Today is everything we need
So keep it safe and hold it fast.
Today the world is wonderful
With so much beauty to be found,
Don't worry what tomorrow brings,
Enjoy each special sight and sound.
Today has colour, light and shade,
A touch of magic in the air,
A little comfort, hope and joy,
And love around for us to share.
The future may have much to give,
Perhaps success will pave your way,
But here and now is ours to live –
Cherish the moment, seize the day!

[“Grace Magazine” Autumn 2015]

NOTE FOR YOUR DIARY FORTHCOMING MEETING – 11TH NOVEMBER 2015

Our AGM will take place on the 11th November. You will receive information and paperwork about this during October. We also plan to have a speaker after the AGM has concluded.

[Our Jack]

