



CHESTERFIELD & NORTH DERBYSHIRE TINNITUS SUPPORT GROUP

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Newsletter

Edited by Audrey Carlin

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HAPPY NEW YEAR TO EVERYONE!

We are starting off the New Year with lots of dates for your diary, followed by 'Keys to Happier Living'.

DATES FOR YOUR DIARY

**BUTTY AND BREW MORNING
AT BLU BISTRO**

**ON THURSDAY 28TH JANUARY 2016
FROM 10.00 – 11.30 AM**

Please come and join us at **Blu Bistro, 370 Chatsworth Road, Chesterfield, S40 2DQ** for a Butty & Brew Morning and a chat. David Stockdale, Chief Executive of the BTA is joining us and will talk about the work of the BTA.



For £4.00 you can have a bacon or sausage sandwich with either tomatoes or mushrooms and a drink. Or cake, scone or teacake with a drink. [Booking Form enclosed].



**TINNITUS AWARENESS WEEK
'TEA FOR TINNITUS'**

From 8-14th February 2016, the BTA will be celebrating the 10th Anniversary of Tinnitus Awareness Week by launching their **Tea for Tinnitus** campaign. They want to get more people talking about tinnitus, about tinnitus management and prevention and they suggested a Tea for Tinnitus get-together. Therefore, we are holding two events as follows:-



**TUESDAY 9TH FEBRUARY
AT THE "THREEPENNY BIT",
COMMUNITY LOUNGE, HARDWICK
DRIVE, ARKWRIGHT TOWN,
S44 5BS**

**FROM 1PM TO 3.00 PM
HOSTED BY SHAY BOYLE**

Shay is one of our members who works for TRUST and he will be hosting this fundraising event, at which information about tinnitus will be available along with hearing tests. **Tea, coffee and cakes will be available. No need to book, just come along and bring your family and friends.**

**THURSDAY, 11TH FEBRUARY
AT CLAY CROSS SOCIAL CENTRE,
MARKET STREET, CLAY CROSS,
S45 9JE**

FROM 1.00 PM– 3.00 PM

There will be a short introductory meeting with a talk by the group and **Jodie Rogers, Senior Audiologist. Please book for this event.**

Although we are opening both events to the public, please come along and join us for a chat and a cup of tea and cakes

at either or both **Tea for Tinnitus** events. Photo of Jemma riding the Smoothie Bike at our Outreach Event in Clay Cross in



October, watched by Joanne who is enjoying a Smoothie!

**AFTERNOON TEA – FRIDAY
19TH FEBRUARY 2016 AT THE
HOLLINGWOOD HUB, S43 2PF
FROM 1.00 – 3.00 PM**

TOBY PERKINS MP will be joining us for Afternoon Tea

Due to parliamentary commitments, Toby Perkins MP was unable to attend our last meeting at The Hollingwood Hub in October. However, Chris



Bowen, Head of Staff, attended on his behalf and she said that he still wishes to come along to meet our group so we have arranged a new date. The venue, situated at the side of the Chesterfield Canal, offers those who wish to take a walk, either before or after the meeting, the opportunity to do so. Tea/coffee and cakes will be available.

Please come along and support our group as we inform Toby Perkins MP of the work and help we give to others, all of which is voluntary. [Please see attached Booking Form/Directions].

DONATION THANK YOU TO PHILIP WHEELHOUSE

“TIPS FOR TINNITUS”

Philip is a Committee member and at one of our committee meetings he passed over a bag full of change which he had collected over a period of time by putting his loose change into a jar for our group. This totalled **£11.35** and we thought it was a great idea. Joy (our Fundraiser) has followed up the idea and is collecting jam



jars which she is decorating and turning into “Tips for Tinnitus” collection jars. If anyone would like to help us by ‘tipping’ out their loose change, please ask us for a jar as we would be very grateful for your support.

THANK YOU TO JEAN BILLYEALD AND TINKER (Jean’s pet dog) for sending us **£10.00** slipped inside her Christmas card.

JOY’S TINNITUS STORY TO BE FEATURED IN “WOMAN AND HOME”

JANUARY/FEBRUARY ISSUE 2016

We were recently approached by the BTA who asked if we had a member who would be willing to tell their story to be published in “Woman and Home”



magazine for Tinnitus Awareness Week. We are happy that Joy was willing to tell her story and you can read this in “Woman and Home” which

will be available in the newsagents, shops/stores at the end of January in time for Tinnitus Awareness Week. Woman & Home is a lifestyle magazine, with a circulation of over 350,000 (in 2013), first launched in 1926, so we are thrilled that Joy will be featured in this magazine.

TINNITUS OUTREACH TO BE HELD AT THE CIVIC HALL, CIVIC CENTRE, DRONFIELD, S18 1PD ON WEDNESDAY, 2ND MARCH FROM 11.30 AM TO 3.00 PM

This will be a **DROP-IN** event at which **Debi Alvey, Senior Audiologist**, Chesterfield Royal Hospital will be coming along to give support to those who need to chat about their tinnitus. We also plan to invite other complementary groups and will give you more information about this later.

**THANK YOU FOR YOUR SUPPORT
SKIPTON BUILDING SOCIETY
GRASSROOTS AWARD**

After a visit to her Aunt in Yorkshire a few months' ago, Muriel came back with information about the Skipton Building Society's Grassroots Giving Award 2015 so we are thrilled that this has



been successful.

Thank you to everyone who voted for us. We are very happy that we were chosen as a winner and

received **£500** for our group. Our award was publicised, by Skipton Building Society, in the Derbyshire Times in December 2015. [Photograph of Muriel and I with the Award Certificate].

**SPECIAL NOTE FOR YOUR DIARY
CHESTERFIELD & ND TINNITUS
SUPPORT GROUP CELEBRATE
30 YEARS**



Photograph courtesy of Joanne & Simon – the Sahara Desert

**OUR 30TH ANNIVERSARY
CONFERENCE WILL BE HELD ON
SATURDAY 16TH APRIL 2016
AT THE WINDING WHEEL IN
CHESTERFIELD
FROM 10.30 AM – 3.30 PM
(Registration at 10.00 AM)**

We plan to make this a Special Occasion as we celebrate our 30 years of help and support. Further details will be sent to you later but please make a note in your diary. Again it will be a **FULL-DAY** Conference and promises to be a very interesting and informative day. Family and friends are welcome

to come along with you.

**THE ROYAL HOSPITAL'S
CELEBRATION DAY**



We were pleased to be invited to take along information about our support group to the Royal Hospital's Celebration Day in October. Muriel, Philip and his wife Gail and Shay also came along to offer support to those visiting our stall. It was a very busy day and we had lots of enquiries. The Chief Executive, Gavin Boyle, was very interested in the work of our group and we hope to be invited to future events as it was an excellent day. [Audrey with Gavin Boyle]

REPORT FROM AGM

Unfortunately we didn't have the usual turnout for our AGM in November and no new nominations were received. However, those already on the committee were willing to continue for another year so the committee remains the same. Gwen's craft stall created a colourful backdrop to our meeting and she had lots of lovely hand-crafted items for Christmas gifts.

Our speaker, Beverley Munoz-Pujol, who is Operational Lead Wellbeing for "Live Life Better Derbyshire" gave an interesting talk about the services they offer which are many and varied. Bev would like to maintain links with us and we feel that it may be helpful to our

group to ask her to come along to a future meeting, so this will be arranged at a later date. [Shay and I wearing hats knitted by Gwen Biggin which have come in very useful this winter]



GROUP WORKSHOPS

We have completed a third year of Group Workshops which have been



well received and we hope to run these again in 2016. If you are interested, please let us know.

VOLUNTARY SECTOR AWARDS

We were happy that our Tinnitus Support Group was shortlisted for an award within the category of "Organisation of the Year". Three



[Audrey, far right of photo with certificate] groups were shortlisted but although we weren't outright winner, we were more than happy to be within the final three out of many nominations

However, Jemma who volunteers for

us/and DAST two days a week, won "Young Volunteer of the Year" award and we were all thrilled about this.

[Jemma receiving her award]



Joanne's charity, the Derbyshire Asbestos Support Team, was

also shortlisted for "Most Innovative Project" and like our group, received a lovely framed Certificate, again within the final three nominations. We are happy! Thank you to Chesterfield Volunteer Centre for organising this prestigious event.

CHRISTMAS GET-TOGETHER at

North East Derbyshire Snooker Centre Twenty-five people attended our Christmas Get-together. Everyone had a good time, enjoyed their meal and chatted to friends. The raffle, prepared by Joy, raised £37.00 on the day. A further £15.00 was added to this for the sale of a



doll for which Muriel had knitted an outfit and sold to raise funds for our group. [Pictured, Muriel with the doll and Stella & Shay]



MUSIC MAKES YOU FEEL HAPPIER

Within one of our Workshop sessions we talk about the benefits of music but I wish to share with you an article written by Martha Roberts, an award-winning UK health writer and mental health blogger at mentalhealthwise.com

She says that “whether you’re performing it or listening to it, music can increase your happiness (as well as the happiness of those around you).

“Music can lift the spirits. But science has now shown it has a physical effect on our bodies too. As we listen, music works on the autonomic nervous system, which is responsible for controlling blood pressure and heartbeat, as well as the limbic system, which is responsible for feelings and emotions. A review of 23 studies involving almost 1,500 people found music helped to reduce blood pressure, heart rate and anxiety in heart disease patients”.

FUN WITH PHOTOGRAPHY

How photography changed my

Outlook - Audrey Carlin

Many years ago when my son was 16, he wanted to do an interesting hobby so he joined Chesterfield College for an evening course on photography. As it would have entailed a 40-mile round trip from our home to Chesterfield, I decided to enroll as well. I had always been interested in photography and thought it would be easy – pointing the camera and pressing the shutter. However, this wasn’t the case. First of all we had to have an old camera with manual shutter speeds and settings, take black and white photos, which we then had to carefully remove from the camera in a dark room and develop them ourselves.

The first project was my most difficult – we had to find items either in nature, buildings or objects that illustrated the shape of each letter of our name. And this is what actually opened my eyes to a new world! No longer did I see a tree – just as a tree - but as something of beauty in which I could see many other shapes. For my letters I used shapes such as a lych-gate, horseshoe, brick arch, old-fashioned water pump, spout

of a teapot, two of the shapes were different trees (one of which I took as a silhouette) and a view through a tunnel.

Our photography throughout the year-long course took us all over the country as we searched for unusual items to fulfil each project. I bought second-hand processing/developing equipment and chemicals and converted our loft into a dark room. I spent hours developing photographs and enjoyed every minute of it. I was certainly more dedicated to it than my son but we both got A grade GCSE’s for it – I just had to work much harder to achieve mine. I no longer have all the equipment and it’s not so easy to climb into the loft now, but I still enjoy photography and usually carry my camera in my handbag. I still have my projects hanging in the loft as a reminder of, not only the fun I had, but also the part it played in my tinnitus journey.

Although the loft was quiet and darkened, I was so relaxed and interested in my new hobby, that I didn’t notice my tinnitus at all, which proves that distraction really does work! Moreover, although not aware of it at the time, immersing myself in the photography taught me about mindfulness, being more open and aware of the world around me which has helped me to successfully manage my tinnitus over 30 years.

THE HAPPINESS CLUB

January 2015 was the start of The Happiness Club. The concept was created in America and has been brought over into our country.

The patron of “Action for Happiness” is the Dalai Lama who, in June last year, attended an event in Britain “Creating a Happier World” promoted by the organisation “Action for Happiness.”

“The co-founders of Action for

Happiness are well-known in the field of what might be called well-being: Geoff Mulgan is an author and social theorist who, among other things, has trained as a Buddhist monk, been a van driver for the musical collective Red Wedge and acted as a policy adviser to Tony Blair. Richard Layard is an economist, an expert on mental health and the author of Happiness: Lessons from a New Science, which argues that we should make happiness, not growth, the object of our economic policies. Anthony Sheldon has been a pioneer in the idea of incorporating well-being and happiness lessons in school curricula.

As well as the Dalai Lama, among those talking at the launch event was Matthieu Ricard, the French Tibetan Buddhist monk who, as a result of MRI scans of brain activity that basically was off the chart, has been described as *'the happiest man in the world'* (an accolade that Ricard wears lightly, arguing that since so few people have had the required MRI scans, who could possibly tell?).

If these people can't crack the happiness question, nobody can." Internet Report by Mick Brown (9/10/15)



The Dalai Lama

"Happiness is not something ready-made. It comes from your own actions"- Dalai Lama

"Life is a rollercoaster with both joy and pain, but a happy life is one where you're able to deal with the challenges and still cope and thrive" Mark Williamson - Action for Happiness

As a little project, list all the things that are good in your life. We often tend to over-exaggerate the negative and under-accentuate the good.

Here are The Ten Keys to happier lives:

Giving	Direction
Relating	Resilience
Exercising	Emotion
Appreciating	Acceptance
Trying out	Meaning

This spells out **GREAT DREAM**.

The **Ten Keys to Happier Living** are based on a review of the latest research from psychology and related fields. Everyone's path to happiness is different, but the evidence suggests these Ten Keys consistently tend to have a positive impact on people's happiness and well-being.

The first five keys (**GREAT**) are about how we interact with the **outside** world in our daily activities. They are based on the "Five Ways to Wellbeing" developed by **NEF**, part of the **Foresight Project**. The second five keys (**DREAM**) come from **inside** us and depend on our attitude to life.

Ten Keys to Happier Living - Everyone's path to happiness is different. But our review of the latest research has found **10 Keys to Happier Living** that consistently tend to make people's lives happier and more fulfilling. Together they spell "**GREAT DREAM**".

NEF New Economics Foundation - (NEF) is the UK's leading think tank promoting social, economic and environmental justice. Our aim is to transform the economy so that it works for people and the planet.

The Foresight Project

This project considered how to achieve the best possible mental development and mental wellbeing for everyone in the UK in the future.

The aim of the project was to:

Identify opportunities and challenges facing the UK over the next 20 years and beyond, and the implications for everyone's mental development and mental wellbeing suggest what government, individuals and businesses can do to meet the challenges ahead.

OUTSIDE: OUR DAILY ACTIVITIES

1. GIVING

Do things for others

Caring about others is fundamental to our happiness. Helping other people is not only good for them and a great thing to do, it also makes us happier and healthier too. Giving also creates stronger connections between people and helps to build a happier society for everyone. And it's not all about money - we can also give our time, ideas and energy. So if you want to feel good, do good!

2. RELATING

Connect with people

Relationships are the most important overall contributor to happiness. People with strong and broad social relationships are happier, healthier and live longer. Close relationships with family and friends provide love, meaning, support and increase our feelings of self-worth. Broader networks bring a sense of belonging. So taking action to strengthen our relationships and create new connections is essential for happiness.

3. EXERCISING

Take care of your body

Our body and our mind are connected. Being active makes us happier as well as being good for our physical health. It instantly improves our mood and can even lift us out of a depression. We don't all need to run marathons - there are simple things we can all do to be more active each day. We can also boost our well-being by unplugging from technology, getting outside and making sure we get enough sleep!

4. APPRECIATING

Notice the world around

Ever felt there must be more to life? Well good news, there is! And it's right here in front of us. We just need to stop and take notice. Learning to be more mindful and aware can do wonders for our well-being in all areas of life - like our walk to work, the way we eat or our relationships. It helps us get in tune with our feelings and stops us dwelling on the past or worrying about the future - so we get more out of the day-to-day.

5. TRYING OUT

Keep learning new things

Learning affects our well-being in lots of positive ways. It exposes us to new ideas and helps us stay curious and engaged. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience. There are many ways to learn new things - not just through formal qualifications. We can share a skill with friends, join a club, learn to sing, play a new sport and so much more.

INSIDE: OUR ATTITUDE TO LIFE

6. DIRECTION

Have goals to look forward to

Feeling good about the future is important for our happiness. We all need goals to motivate us and these need to be

challenging enough to excite us, but also achievable. If we try to attempt the impossible this brings unnecessary stress. Choosing ambitious but realistic goals gives our lives direction and brings a sense of accomplishment and satisfaction when we achieve them.

7. RESILIENCE

Find ways to bounce back

All of us have times of stress, loss, failure or trauma in our lives. But how we respond to these has a big impact on our well-being. We often cannot choose what happens to us, but we can choose our own attitude to what happens. In practice it's not always easy, but one of the most exciting findings from recent research is that resilience, like many other life skills, can be learned.

8. EMOTION

Take a positive approach

Positive emotions - like joy, gratitude, contentment, inspiration, and pride - are not just great at the time. Recent research shows that regularly experiencing them creates an 'upward spiral', helping to build our resources. So although we need to be realistic about life's ups and downs, it helps to focus on the good aspects of any situation - the glass half full rather than the glass half empty.

9. ACCEPTANCE

Be comfortable with who you are

No-one's perfect. But so often we compare our insides to other people's outsides. Dwelling on our flaws - what we're not rather than what we've got - makes it much harder to be happy. Learning to accept ourselves, warts and all, and being kinder to ourselves when things go wrong, increases our enjoyment of life, our resilience and our

well-being. It also helps us accept others as they are.

10. MEANING

Be part of something bigger

People who have meaning and purpose in their lives are happier, feel more in control and get more out of what they do. They also experience less stress, anxiety and depression. But where do we find 'meaning and purpose'? It might be our religious faith, being a parent or doing a job that makes a difference. The answers vary for each of us but they all involve being connected to something bigger than ourselves.

Those of you who have attended our Workshops will relate to many of the 10 keys to happiness.

About the Ten Keys

The Ten Keys to Happier Living framework was jointly developed by Vanessa King along with the Action for Happiness team in 2010, based on an extensive review of the latest research evidence relating to psychological/mental wellbeing. [Photo Vanessa King]



“When you arise in the morning, form a resolution to make the day a happy one.



A positive attitude that is joyful and enthusiastic will produce positive results in our lives.”

[Extracts from Sydney Smith, 17th Century]