

**CHESTERFIELD & NORTH DERBYSHIRE TINNITUS SUPPORT GROUP** 

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**DRONFIELD PARISH CHURCH  
CHOIR AND FRIENDS PRESENT AN  
EVENING OF MUSICAL  
ENTERTAINMENT INCLUDING  
SONGS FROM THE SHOWS**

**SUNDAY 22<sup>ND</sup> JULY 2018  
COMMENCING AT 7.00 PM**

to be held in the Parish Church of St John the Baptist, Church Street, Dronfield S18 1QB

Tickets cost £7.50 obtainable from the Church Office Tel: 01246 412328 and proceeds will be split between *The Chesterfield and North Derbyshire Tinnitus Support Group and Nenna Kind Cancer Care*. Tickets do sell very quickly so early booking with the Church Office is advisable.

There is parking close by in The Civic Centre and some Disabled Parking available by the upper and lower lych gates at the Church."

Muriel says "This always proves to be a good evening of entertainment where, this year, you are treated to songs from the shows such as ABBA, Black Adder and West Side Story."

Thank you to Muriel for putting forward our group to share in the



proceeds from the Musical Evening. We hope you will be able to come along to enjoy the evening.

**REPORT FROM OUR COFFEE AND CHAT AT MONKEY PARK ON 12<sup>TH</sup> JUNE**

We were very pleased to welcome Tiago from Aston University who came along to visit our group and to seek our opinions on the value of Tinnitus Support Groups.

Tiago has a background in psychology.



He is a Research Associate working on a research project at Aston University in conjunction with the BTA. Ours was the 17<sup>th</sup> group he had visited, having already been to Scotland, Ireland, Wales and other groups in England. He wanted to know what people looked for in a support group and what makes an effective

support group. After a chat with our members he asked them to answer a questionnaire, which they were happy to do and then he stayed on to enjoy the rest of our get-together.

Thank you to our members (and new members) who came along to support this meeting and to engage with the research that is being carried out.

Nineteen people came along and shared in our “coffee and chat” and were encouraged to give their opinions about what they want from a support group. Lively discussion took place and one of the key elements to be found in our support group was that of “hope”.

Joanne and I are attending the BTA’s conference in September in Birmingham, at which Tiago will talk through the results of his research so we will report back to you.

We also welcomed Tim Buckle, one of our Conference speakers, who wanted to share some time with our group and to get to know us. He also told us about his own story and how he became involved in working with Prof Steve Peters. Tim also found the discussions we had very interesting and is looking forward to coming along to the conference which, by the time you



receive this newsletter, will have taken place.

We also welcomed Stephen Payne, Environmental Health Officer, Environmental Protection, who came along to share in our coffee and chat. He talked about his own



experiences and also brought along and demonstrated a sound level meter which he uses which measures different frequencies to detect noises that have been reported by people in their homes.

He told us how, whilst working at home one night, he set up the equipment and discovered that there was a low level “hum” in his home that he hadn’t noticed before. It kept him awake that night because he found himself tuning into it where, previously, he had been unaware of it. However, Steve has his under-pillow speaker on which he has birdsong and this helps him to relax and go to sleep.

However, it proved and reinforced the point that once you become aware of a sound (even externally) your brain focuses on it, no matter whether the sound is that of your tinnitus or a noise in your home or other environmental noise that you don’t like.

The Hum has been reported worldwide. It has also been acknowledged, notably on 8<sup>th</sup> December 2017 by a member of

the Canadian Parliament who stated that her constituents from the Southern city of Windsor had been complaining about the Hum coming from the US. This is a fascinating and interesting subject which we have discussed with some people who ring the helpline and talk about a noise they can hear other than their tinnitus.

## **POSITIVE THINKING**

### **HEALTH AND WELLBEING**

When it comes to health and wellbeing, the general consensus of medical opinion is clear-thinking positively can make all the difference. The NHS suggests that 'good mental wellbeing is important for our physical health'. Equally, leading as active a life as possible contributes to our wellbeing.

According to the Mayo Clinic in America, positive thinking may increase life span and even give greater resistance to the common cold – so it's got to be worth a try! In any case, the world can seem a much better place if we feel good about ourselves.

We live mostly in our heads and thoughts constantly flit through our minds spontaneously. The first step in cultivating positive thinking is consciously to challenge any automatic negativity. That means not always imagining the worst is going to happen and trying not to be too self-critical.

Positive thinking doesn't mean ignoring problems; rather it can help you deal with them more effectively and with minimal stress.

Time spent with friends and family encourages a positive outlook and

performing acts of kindness for others, however small, can do the same.

Another step towards positive thinking is to take the time to appreciate life in general, and your own life in particular. Sometimes it takes a wake-up call when we are faced with a potential life-threatening illness, to appreciate what we have got. Because of the speed with which the NHS deals with such diagnoses, many people are able to be treated and continue to live for many happy years. At this point, they realise that the simple things in life are the greatest gifts. In fact, all the things that are free!

We have recently updated our fact sheets and although we hear a lot about Mindfulness, even back in the very early days of our group and, in fact, our "old" fact sheets, we talked about becoming aware of everything around us – sights, smells, sounds, tastes and touch. There are lots that can be done to help with your tinnitus, one of which is to see things you have taken for granted in a new light. This is something that was influential in my life when learning to manage my tinnitus. And there have been other events in my life where I needed to be positive.

However, for some people, being mindful, can be hard to do, but think about the fact that, by doing so, you are helping yourself to a better and healthier lifestyle. This is important in dealing with life in general in a positive and effective way.

Here are a couple of simple techniques that you can try.

- Concentrate on your breathing for a few minutes, using the nose

only. Breathe in slowly, hold for a count of six, breathe out slowly. Feel the sensation of breathing. Notice any thoughts that come into your mind and let them wander out again, returning your attention to your breath. This is very calming and a step towards meditation which is often advocated for helping to relieve stress and as an aid to positive thinking.

- Study a flower or an insect intensely, or watch clouds. Listen to music, birdsong or a stream (or the sea if you visit the seaside). Allow yourself to become fully absorbed so that you lose track of time.

It is surprising how doing this can move your awareness of tinnitus into the background so that you don't even notice it. Simple techniques that could have a positive impact on your life.

## OBSERVE NATURE

by H G Wells (1866-1946)

***Nature is a wonderful teacher.  
Whether you live in the city or the  
wilderness, lessons abound.  
See how nature adapts to the  
changing world around it.  
Admire its persistence and marvel  
at its resilience.  
Appreciate!***

## POETRY WORKSHOPS

By the time you receive this newsletter we will have completed our first workshop but if you haven't already joined us, please feel free to come along and enjoy making new friends in a friendly and happy environment.

Another poem from "An ABC of Happy Thoughts" (Woman's Weekly magazine dated January 5, 1935):-

### ***D's for Devotion***

*That eases the road*

*Of marriage's promise*

*To share every load;*

*Come pleasure, come sadness,*

*For those who are fond,*

*Devotion keeps steadfast*

*Their wedding-day bond.*

The joy of poetry is that it celebrates and explores the experience of living; the inner and unique world of thought and feeling and the complex external world of nature and how we interact with it.



There are many things that can provide material for writing poetry and nature is abundant in providing this.

A few lines about a bird or a flower can describe your thoughts and feelings as you listen and watch nature.

When you go out for a day's outing, rather than writing a diary of what you have done, put it into poetry. I find that a few lines of poetry can describe things in much more detail and give a visual image of what you have seen and done, rather than lots of superfluous words.

***Tuesday 17<sup>th</sup> July and Monday 23<sup>rd</sup> July will be our second and third workshops. 12.30pm – 2.30pm.*** Do come along and join us; it will be fun.

## TINNITUS WELLBEING WORKSHOPS

A Booking Form will be included in our July/August newsletter. We would love you to join us as we take a positive journey through our tinnitus, learning more about ourselves and how we can achieve a happy and healthy life.