



CHESTERFIELD & NORTH DERBYSHIRE TINNITUS SUPPORT GROUP

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Newsletter

Edited by Audrey Carlin

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**COME AND JOIN US FOR OUR
MOVE IT OR LOSE IT
11.00 AM TO 1.00 PM
ON WEDNESDAY 3RD JULY 2019**

**AT THE BADGER, BROCKWELL
LANE, CHESTERFIELD**

From the age of 30, the number of muscle cells in our bodies begin to decrease by 1-2% per year. We can combat this by doing activities which ensure we keep, or improve, our muscle mass. This helps with lots of things that keep us fit, healthy and living independently in our later years.

Exercise can improve balance and co-ordination which, in turn, can help to prevent falls. Staying active can improve your immune system, help you to sleep better and gives you a boost of feel good chemicals too.

Age UK state that 26% of people over the age of 65 report having had a fall in the last two years, and this increases to 38% for those over 80. This results in 6,000 hospital admissions. 1,100 hip fractures resulted at a cost of £49 million in Derbyshire alone. (Spring 2019)

Holistic approach to Tinnitus and a Healthy Lifestyle

We know it is vital to enjoy a healthy lifestyle and so we encourage physical as well as emotional wellbeing. "Move-it-or-Lose-it" (chair-based exercises or standing for those who can do so to within the limits of their capabilities) is a way of ensuring you develop a healthy physical lifestyle.

Our "Move-it-or-Lose-It" exercises as well as "Walking for Health" fits the criteria of NHS England's aims to improve health and



wellbeing as it encompasses

both physical and mental wellbeing which helps in the management of tinnitus.

So come along and join us for a fun couple of hours followed by, on this occasion, Sandwiches, Chips, Scones/ Cakes.



Social Prescribing is designed to support people with a wide range of social, emotional or practical needs. It is a way of linking patients in primary care with sources of support in the community. It also provides GPs with a non-medical referral option that can operate alongside existing treatments to improve health and wellbeing.

Links with Audiology – Chesterfield Royal Hospital

We have already forged links with Chesterfield Royal Hospital's Audiology department which is working well. They refer patients to our support group and we are able to do self-referrals for people directly to Audiology. However, there is a criteria to fulfil in order for us to do so but for those who don't fit the criteria, we can advise what they need to do.

HOW TO CREATE YOUR OWN HAPPINESS [extracts from Dr Norman Vincent Peale]

“A television celebrity interviewed an elderly man on his programme. The old man displayed such happiness that at the end of the interview the celebrity asked him why he was so happy. “You must have a wonderful secret of happiness?” questioned the interviewer. The old man replied, “I haven’t any great secret. It’s just as plain as the nose on your face. When I get up in the morning I have two choices - to be happy or unhappy. I just choose to be happy!”

“If happiness is determined by our thoughts, it is necessary to drive off the thoughts which make for depression and discouragement.” [‘Grace’ 2011]

This story took me back over 30 years when I made a choice to be “happy” with my tinnitus.

Making this choice completely changed my relationship with tinnitus and it was a positive turning point in my life. Although there have been many undulations (sometimes mountains) in my journey, as most people experience, my life has been good and there is nothing I would change about it.

Here are a few ideas for you to plan ways of creating change whilst boosting your sense of wellbeing. The key elements of flourishing – positive emotion, engagement, positive relationships, meaning and accomplishment, are built into this plan.

- **Use colour to lift your mood**

It’s a well-documented fact that the colour **yellow** can lift your spirits, while a violet hue can enhance feelings of serenity. Leonardo da Vinci said that meditation power can be increased tenfold by meditating under gentle shades of violet. So choose yellow flowers and put them into a purple vase.



- **Keep a thought diary**

This will audit your emotional energy. List those thinking

patterns that boost and sap your energy. For example, if you’re dwelling on a certain persons’ behaviour, worrying about your finances or thinking about your tinnitus. Any of these can sap your emotional energy. On the other hand, when you think about an activity you’re looking forward to (such as our **Poetry Buzz!** or meeting a friend or going on one of our lovely **Wellbeing Walks** in the countryside) – you’re likely to feel your emotional energy is boosted.



- **Embrace life**

Try to savour both the good moments and the bad, and then you will feel better equipped to deal with all that life entails. Learn to accept the fact that life is often difficult, and that’s just how it is.

When you do so, it helps you to build up strength and resilience so that you manage life’s challenges in a more positive way.

- **Notice more**
- Notice everything around you,



whether that be the birds and flowers, or people. Embrace everything and look at it “through the eyes of a child”, bottle it and cherish it.

- **Spend time with happy positive people**

Positive relationships with other people contribute massively to our level of wellbeing and mitigate stress. Moods are contagious, officially so. The scientific name given to the notion of someone lifting us up or bringing us down is “emotional contagion”. So avoid being infected by negativity and spend some time with positive people. **We can certainly offer you positivity within our group.**

BE THANKFUL

Despite having so many more opportunities, society as a whole is reportedly less happy than it used to be. A major cause of this downward spiral can be attributed to the modern-day default focus on what is lacking, coupled with increasingly high expectations. Gratitude is all about enjoying life right now and appreciating what you already have. To help you achieve this **“keep a gratitude jar”**.

- **Your gratitude Jar**

In addition to, or instead of, writing gratitude statements expressing thanks for specific moments or things, write them on a scrap of paper in one sentence – either as they happen or at the end of each day – and drop them in

a jar. This will allow you to capture those fleeting moments that will soon disappear from your memory. For example, maybe a kind word or gesture from someone that made you feel happy.

Some of the above are created by Cheryl Rickman [Psychologies 2014] and some are my thoughts. I hope you will find them helpful and add more of your own.

REPORT FROM OUR MAY SPEAKER

Sue Pacey – Babies, Books and Bees. First of all, Sue told us a story which she had written about D-Day. Coincidentally the character in the story was Audrey, but it wasn’t me! The story recalled the bombing of Sheffield. After the story, Sue moved on to the 1960s talking about her career, initially as a nurse, before becoming a midwife.

Babies

It wasn’t always easy because in the early days whilst she was training, she had to do a multitude of jobs including cleaning the toilets of the private patients as well as taking the dogs belonging to the Matron at the Royal Hospital and the Matron at Scarsdale Hospital, both of whom had Corgi dogs, for a walk. Sue still enjoys being a Midwife today.



Books

It was the 1960s and Sue wanted to push the boundaries and so she started to write. She lived with her parents and three sisters in Holymoorside. Her father encouraged her to write but she did nothing about it for 20 years. However, when her father was at the end of his life, he said to her “get that

book published” and that is what gave her the motivation to do so. She joined a writer’s group and went on to self-publish her first novel, after which she got a contract and an editor.

Inspiration for one of her books came whilst on holiday abroad and this became the “A Silent Cradle”. One of her books, the sale of which she is raising funds for the person in the story, was about a man who lived in Wingerworth. He had been into hospital for a hip operation but something tragic happened during anaesthesia. Starved of oxygen, he eventually woke up 9 months later. Over the next 9 years, his wife, Kay, took him all over the world. He was fed by a peg as he had no swallowing reflex; no speech or communication at all as a result of being starved of oxygen. Sue wrote “A Voice for Stan” and raised £36,000 on the sale of the book which paid for Stan to go to China for stem cell treatment. Although he did not get his voice back, he got sensation in his tongue to allow him to swallow. Just before Christmas Kay said she didn’t feel well so Sue took her to the doctors. Sadly, Kay passed away just before Christmas, at the age of 50.

Sue raises money from the sale of “A Voice for Stan” to pay for his care.

Bees

“From the knees came the bees” said Sue. Bees do have knees! Sue is borderline Osteoporosis. In her 30s she had something similar to leukaemia but it affected her joints and she had her first knee replacement. Ever positive, Sue signed up on a Bee Course. She met a friend whom she had worked with and so together they keep the bees

together in Unstone. Sue went on to tell us about beekeeping and she had brought along with her a sample of her bee community. The Queen determines the colony. Buckfast Queens are very calm but Sue breeds her own Queens. All worker bees as well as the Queen are female. Males are called drones and their purpose in life is to mate with the Queen. After mating with the Queen the drone dies.

Sue had brought along her younger sister, who very sadly had lost her daughter in 2014 to a malignant brain tumour. She had been looked after at the Hallamshire Hospital in Sheffield where, during surgery, a special piece of equipment was used (Awake Craniotomy). The hospital was in very urgent need for a replacement. So Sue’s sister set up a Trust Fund in her daughter’s name in gratitude to the surgeon and his team, to raise funds to replace this piece of vital equipment, costing £10,000. Sue’s presentation was free so we presented Sue’s sister with a donation towards the fund.

You can purchase Sue’s books from Amazon: “A Voice for Stan”; “A Silent Cradle” “Listening to Linnie” and “Beyond the Blue Swing Doors”

