



WELLBEING DAY

**ON WEDNESDAY 5TH JUNE FROM
10.30am to 2.30pm at the
COMMUNITY CENTRE, LOUNDSLEY
GREEN, CHESTERFIELD, S40 4QU**

Registration from 10.00am.

Jodie Rogers, one of the Senior Specialist Audiologists from Chesterfield Royal Hospital will give a talk as well as ourselves and the afternoon will conclude with the "Signing Choir".



Jemma is a member of the Fairplay Signing Choir and is excited to be entertaining us at the end of the event.

Tea/Coffee and a light buffet lunch will be provided.

A flyer is enclosed

BOOKING IS ESSENTIAL.

**WALKING FOR WELLBEING
DO COME ALONG AND JOIN US**



"There's more to walking than simply getting from A to B and improving our physical wellbeing. It clears the mind, helps us connect with the world around us and nourishes the soul" (Extracts from an article by Duncan Minshull, Senior Producer at BBC radio) who says "walking to work is one of the reasons for setting out."

The Danish Philosopher, Soren Kierkegaard, says. "we walk ourselves into a state of wellbeing". Now doctors, dieticians and trainers suggest the same of course. Walking helps our breathing, boosts our circulation. It tones our muscles, builds our bones. Co-ordination and balance improve and a brisk turn can sometimes burn as many calories as any high-performing activity."



Duncan Minshull continues "walking and creativity are often linked. Outings have inspired writers, painters and musicians to get started on their work. Either they respond to the visual world and record it, or the simple act of putting one foot in front of the other sparks something." [Psychologies 2012]

"I'd love people to consider nature as something they do for their wellbeing"

These are the words of Lucy McRobert, campaign manager of The Wildlife Trust, who is on a mission to bring us all closer to nature. She wants to encourage people to do a 'random act of wildness' each day. This is any tiny thing you can do to enjoy nature during your day. It could be anything from smelling wild flowers, tasting the sweet explosion of a fresh blackberry or wriggling your toes in the icy waters of a stream. It's not just about seeing, but experiencing the wild

in every way possible. She goes on to say that "I'd love people to consider nature as something they do for their wellbeing; it would be wonderful to see people make time for nature."

[Country Living, June 2019]

"The true secret of happiness lies in taking a genuine interest in all the details of daily life"

(William Morris)

Our **WELLBEING WALKS** can also help to give you inspiration for our Poetry Buzz, another way of relaxing and enjoying being with others whilst learning a new skill.

**WELLBEING WALK
ON FRIDAY 21ST JUNE
COMMENCING AT
11 AM AT CALVER**

Flyer enclosed. We are also enclosing details of how to get to the meeting point which will also include Joanne's

mobile phone number should you need this.



Travelling
by foot
leads to
awareness
because

we see so much more and it is also about a shared experience. So join us on our walk in the beautiful countryside around Calver. **We realise that some of you may not drive, so if you wish to come along, please give us a call and we will try to arrange for someone who drives to give you a lift.**

Please call Joanne at the office on: 01246 380415. Joanne's mobile phone number is 07805 382312.

We would love you to join us.

It's Saturday 11th May today and whilst typing this newsletter I have had a message from Joanne saying she has just run 30 miles in 5 hours 16 minutes at an event in Clumber Park. The first 24 miles were great and in good time but the last 6 were difficult as her legs started to seize up. She was 26th out of 100 runners and the 7th in the women's category.

As far as I am concerned a great achievement because when she was 10 years' old a surgeon said she needed to have both hips re-set in a major operation. I contacted a friend who had experienced a similar situation as a child and she was now a dancing teacher. So, after 6 months at my friend's dancing school and a return visit to the hospital, the surgeon said

Joanne no longer needed the operation.

"The true secret of happiness lies in taking a genuine interest in all the details of daily life"

(William Morris)

BACK PAIN AND EXERCISE

(Report from programme "Tonight" February 2019]

You may wonder why I am writing about Back Pain. This is because Walking/Exercise can help to ease the agony of back pain and this was evidenced in the programme. I am very familiar with back pain which I have experienced to varying degrees since my 20s when I had a bad fall. Over time this has resulted in hip replacement, twisted spine and chronic incurable back pain which has to be managed. When I saw a surgeon a few years' ago he sucked in his teeth and said "nothing we can do for your back adding that I would experience pain throughout my spine (which I do). Not a helpful comment but one which I tried to turn around as I have done with my tinnitus experience.



I had recorded the "Tonight" programme about back pain which I

intended to watch at a later date but that date was brought forward when I had, yet another fall, increasing the normal level of back pain which I experience. The programme started by stating that the daily misery of back pain is experienced by millions. Why sitting

down could be dangerous for your health and a sedentary lifestyle can lead to cardio-vascular disease, diabetes and back pain. Also why surgery is probably not necessary and that a vast number of people with back pain need re-hab, exercise and getting fit.

More than 10 million people in the UK suffer from lower back pain; one of the most common reasons for days off work and this is causing the economy millions of pounds every year. What can we do to prevent it and how can we cure it?

Oscar Duke for the programme "Tonight" investigated one of the most common risks - lower back pain. Not always easy to know what is causing it. The NHS said the most common back pain is just below the ribs to the top of the buttocks. It can be a dull ache or sharp pain and can extend to one or both legs. It is thought to affect over 540 million people worldwide. In the UK 1/3rd of adults suffer from it. 30 years ago they thought pain relief and rest worked but this is not the belief now, quite the polar opposite!

Doctors call chronic back pain – 'unhelpful pain'. Opioids are not effective and can have side effects where the pain is chronic and there is no tissue damage or broken bones. Some resort to having steroid injections and even complicated spinal surgery. How effective is this and do people really need them?

Evan Davies, a spine surgeon at Southampton Hospital said:

“The vast majority of patients do not need spinal surgery because they have got back pain. He estimated that less than 1% out of many thousands might be considered for surgery. For the vast majority of patients it is about re-hab, getting active and getting fit.”

It is also thought that 1 in 5 patients who have X-rays for lower spine or knee problems do so unnecessarily, costing the NHS an extra £221 million a year. Single spine operations can cost £10's of thousands of pounds.

Even having a scan when you don't need it could make things worse because you are likely to misinterpret normal signs of aging. An MRI scan is not a picture of pain, it is very often a picture of normal ageing changes.

Modern-day inactivity and sitting could be as deadly as smoking.

Dr Vybarr Cregan-Reid, Author and Lecturer at the University of Kent said in answer to the question “Why are we moving so much less than we used to?” “If you go back 10's of thousands of years ago you would see movement dips when we began to farm and agriculture. Even in the 20th century, cleaning a rug would involve moving furniture, picking up the rug and beating it over the washing line. Quite a lot of movement! Nowadays we have modern equipment and even the robo-vac. Movement drops today about **1000%**

What about problems of sitting down? He answered: When we sit back and rest in a chair, we are convincing the

muscles in our back and torso to become a little bit weaker because we don't need that strength and over time it can lead to a lot more weakness, making it much more difficult for us to support our upper body.

According to Public Health England some 40% of adults fail to walk briskly for more than 10 minutes a month. A far cry from our ancestors – the hunter/gatherers used to walk between 5 and 9 miles a day. **So 10,000 steps a day is a really good goal.**

When the muscles become weaker we open ourselves up to chronic pain and long-term injuries. Cregan-Reid's research was prompted by his own chronic back pain and now by doing 10,000 steps a day and more when possible, it has almost gone.

Changing your position helps too:

The agony of back pain is one of the common causes for sick leave, resulting in the loss of 30 million working days each year.

A 3 week active back course was held at a hotel run by the Royal National Orthopaedic hospital. The programme showed various exercises taking place. One lady had suffered chronic back pain for 4 years and had undergone several treatments. Resulting from the activity programme she is now swimming, doing aerobics and regards it as her “toolkit”.

Resources to help people cope better - Prevention

Researchers at Loughborough University found that some primary

school children sit for approx. 10 hours per day - 70% of their waking hours and one study found that some children spend less time outside than prison inmates.

Sedentary lifestyle has been shown to lead to all sorts of musculoskeletal problems - back pain being the key problem. This can lead to cardiovascular problems, diabetes, some cancers and risk of weight gain and obesity.

A school took part in a trial to put sit/stand desks in its classrooms. These actually helped children with concentration problems also, especially those who struggle to sit for a long periods of time when doing a course or exam.

The stand-up desks were so successful that the school asked to keep them after the trial. After the study they found that children reported more comfort by using the sit-stand desks than those using the conventional type.

How can care be prioritised?

Keele University has developed a special questionnaire for the NHS called "Start Back". Dr Jonathan Hill said back pain is costly to the NHS because it is so prevalent so they need to find more efficient ways of treating back pain.

There are 9 questions you would have to answer when you visit your GP which will identify which patients to support in terms of exercise and which patients should be sent through to treatment

services. The outcome for many people is **exercise**.

A 26 year old was interviewed who had suffered with back pain and she was advised to take voluntary work in the outdoors where the activity can really help improve mental and physical health. She did so and volunteered for a charity. She reported that getting active and being in the outside improved both her physical and mental wellbeing.

There is also evidence that it works on a larger scale. For 12 weeks Dr Mike Rogerson monitored more than 100 of the charity's volunteers. Many had reported having low physical and mental health at the start of the trial but by the end things had changed. Over the 12 weeks they felt that their mental wellbeing was better as well as their physical health.

There is evidence that Stress and Anxiety can trigger Back Pain

Stress and past traumas, childhood experiences and personality all play a part in how we present with pain or whether pain will become chronic, said Dr Georgie Oldfield. Therefore, if we just have a physical approach to managing back pain, we are not going to have the best results. With a little self-empowering strategies people can deal with some emotional problems also. When they do, there is a greater chance of helping them to recover than just managing their pain alone.





Exercises to help the Mind and the Body –

Tai Chi, Pilates, Yoga can help improve balance, muscle strength, positivity and mobility – including ‘Move It or Lose it!’ (as reported by Joanne in our April/May newsletter), especially the **FABS** (Flexibility, Aerobic, Balance and Strength) designed in partnership with the Centre for Healthy Ageing Research at the University of Birmingham.

The programme concluded that “Exercise increases flexibility and stress management and can help alleviate pain.” The official NHS advice reflects this. - **“MOVE MORE”**

Having watched the programme I felt empowered to go on our Wellbeing Walk around Poolsbrook Country Park on the 6th April which I thoroughly enjoyed and from which I felt so much better!

WELLBEING FOR MIND AND BODY

Plants not only nourish our bodies, studies now show they might help to improve our brain function too. (Article ‘Country Living’ June 2019)

There was interest after our last newsletter about Rosemary and



coincidentally in the June edition of ‘Country Living’ they also state that “Research shows that Rosemary essential oil may help memory and improve recall of events”.

Rosemary is renowned as the herb to enhance personal memory function and a symbol of remembrance. The Ancient Greeks gave it to students to improve their memory and those who’ve studied Shakespeare’s ‘*Hamlet*’ will remember Ophelia saying, “There’s rosemary, that’s for remembrance”, which made reference to the bard’s neighbour, the 16th century herbalist, John Gerard.”

The evidence: Clinical studies have revealed that rosemary extract could strengthen attention and memory in healthy students, adults and the elderly, as well as improving cognitive function in people with Alzheimer’s disease. Research at Northumbria University showed that the essential oil helps memory by 15 per cent in over 65s and improves recall of events by 70 per cent.

ROSEMARY TEA

Drink tea of 4-6g of fresh leaves and flowers (2-3g dried) per 240ml water 3 times daily.

[Information from Country Living June 2019]

PAIN-FREE NATURALLY

Tension Headache

In another article in “Country Living” another of our common herbs helps to ease Tension Headaches. According to the report, “for such a common ailment, headaches can be very debilitating - they cost the UK around

£33 billion a year in days off work and use of the NHS. The most common are tension headaches which are caused by stress, lack of sleep, skipping meals or not drinking enough water. We often clench our jaw when we are tense, which strains the muscle connecting the jaw to the temples, so resulting in a headache. Simply holding a pencil between your teeth – not biting or chewing – can help reduce tension, as it activates your ‘smile’ muscles and releases your jaw. You can also try rubbing a little peppermint oil onto the forehead and temples. One study found it was as effective as paracetamol in easing the pain of a tension headache.

[Information from Country Living June 2019]

MAY DAY

Thank you to those who came along on May Day to our stall and thank you for helping us to raise £245 in total. Quite a lot of people came along for information about tinnitus.



Three of the Urban Gypsies who appeared on “Britain’s got Talent” a few years’ ago

POETRY BUZZ

Interest is growing in our Poetry Buzz and we look forward to seeing you on the 22nd May (advertised in previous newsletter) and the 26th June. The theme on the 26th June is “Ancient Monuments”. An opportunity for you to be creative. Don’t worry about whether

your poem rhymes; it’s good to get your thoughts on paper and enjoy the pleasure of doing so.

JOURNALLING FOR HEALTH AND WELLBEING

The Benefits of Journalling

You may wish to write about your emotional response to events that have happened throughout the day as a way of coping with stress. This can help you to process what you are feeling and perhaps even explore more positive reframing options.

Writing about positive experiences allows you to feel those positive feelings again in order to help you to manage the negative things that happen in your life

A journal can be kept to record goals you have, memories you create and other things you don’t want to forget. Doing this helps you to relax and feel less stressed as your mind feels less cluttered with lots of things to remember. I keep mine to record the wildlife that visits our garden and to illustrate it with little pictures of the birds, hedgehogs, frogs, toads etc that frequent our garden, as well as, of course, our ducks.



IF YOU WOULD LIKE A JOURNAL, PLEASE LET US KNOW

FILMING FOR TINNITUS VIDEO

Thank you for coming along and taking part in the video for our group. Twenty people joined us for what is now our

group video. It is on our Facebook page as well as a link to Utube.

We contacted Susanna Reid who earlier this year spoke about her tinnitus experience, and we asked if she would allow us to use a photograph of her. We received an email from ITV saying that Susanna was happy for us to use her photograph and they sent us one that we could use which is now on the film.

Unfortunately, we didn't receive a response from the others mentioned on the film so we have used photos available that are royalty free.

The music at the end of the video is by Julian, a singer/song-writer who also experiences tinnitus and is a friend of Jack, the film-maker, who produced our video. Jack said that Julian would be happy to be involved with our group so we hope to be able to meet him in the not too distant future.

You can access our video on the "Chesterfield & North Derbyshire Tinnitus Support Group" Facebook page and also via the following link on Utube:

<https://youtu.be/GQBgEZe26PY>



RENEWED MEMBERSHIP

Thank you for renewing your membership and also for your kind donations, for which we are very grateful.

DATES FOR OUR WELLBEING WORKSHOPS - NEW VENUE

We have a new venue for the Wellbeing Workshops having just been informed by the previous venue that we are unable to have use of the room on the dates we booked. However, the new venue is more accessible as it is at Loundsley Green Community Centre where we hold the Poetry Buzz.

WORKSHOP 1 : WED 2ND OCTOBER
WORKSHOP 2 : WED 16TH OCTOBER
WORKSHOP 3 : WED 23RD OCTOBER
WORKSHOP 4 : WED 30TH OCTOBER
FROM: 1.30 TO 4.00 PM

We will shortly give further details of the Workshops, what we will be discussing, together with a booking form

SOUP & SOCIAL AT THE BADGER

We also have a future date for The Soup & Social at The Badger:

WEDNESDAY 11TH SEPTEMBER
FROM 11.00 AM TO 1.00 PM

The speaker will be **JANE BIRKIN** who is the **PLOD Manager for Derbyshire Police**. So do add this date into your diary.

REPORT ON OUR MAY MEETING
WILL BE IN OUR NEXT
NEWSLETTER.