



OUR NEXT "SOUP & SOCIAL" IS AT THE BADGER, BROCKWELL LANE ON WEDNESDAY, 11TH SEPTEMBER 2019 FROM 11.00 AM TO 1.00 PM

Our Speaker, Jane Birkin, works for Derbyshire Constabulary. Jane manages the PLOD service which creates a link between police and anyone who is affected by hearing and sight or speech loss. The scheme is known as PLOD (Police Link Officers for people who are Deaf). It is for anyone who is deaf, deafened, hard of hearing or is deaf and has sight/speech loss.

****Booking is essential.**

WELLBEING WORKSHOPS

We are now planning our next sessions of Tinnitus Wellbeing Workshops. The dates are as follows:-

Wednesday 2nd October

Wednesday 16th October

Wednesday 23rd October and

Wednesday 6th November

All dates: 1.30pm to 4.00pm

To be held at Loundsley Green Community Centre

****Booking is essential**

Due to the fact that each session carries on from the next, it is advisable if you can commit to all four. However, if you are unable to do so, we would make sure you are given information from the previous session so that you don't miss out.

Here are a couple of comments from our previous sessions:

"I would like to thank you from the bottom of my heart for the invaluable help you gave me when I needed it most. I will be eternally grateful." Mr A

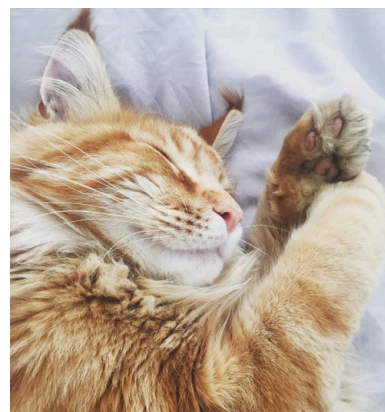
"It was run by very compassionate people, easy to understand and willing to listen." Mrs B

The aim of our workshops is to take people on a journey, not only of understanding their perception of tinnitus, but also their emotional reaction to it. The targeted support also helps people to manage distress associated with other situations that arise in life as they learn how to understand and manage their emotions so it is suitable for anyone who is suffering from stress and anxiety.

NEW RESEARCH INTO GETTING A GOOD NIGHT'S SLEEP (by Joanne)

At our meetings and one-to-ones people ask how to get a good night's sleep.

Over the past few weeks we have been getting Health Tips from The Telegraph



and already there have been at least 3 articles about sleep, some of which we would like to share with you.

Stressing about Sleep

We constantly hear messages from the Government about how we should keep healthy, eating our 5 or 7 pieces of fruit and veg a day and getting 8 hours sleep. Therefore, we become obsessed with sleep. Experts are calling the quest for perfect sleep “Orthosomnia”, which means *the quest to achieve the perfect sleep actually disrupts the sleep cycle*.

The advice for dealing with this new phenomenon is to turn off your phone, don't keep checking your clock (especially if it is digital and lit up) and invest in a good pillow.

The Perfect book to send you to sleep

Another message we are told about sleep is that the bedroom is only meant for sleep but many of us like to read in bed and would argue that it aids sleep.

What is widely known is that experts recommend spending the last hour before sleep undertaking a calming activity to wind down, this could be reading. The Sleep Council state that 39% of people who are in the habit of reading in bed sleep “very well.” However, sleep may depend upon what you actually read.

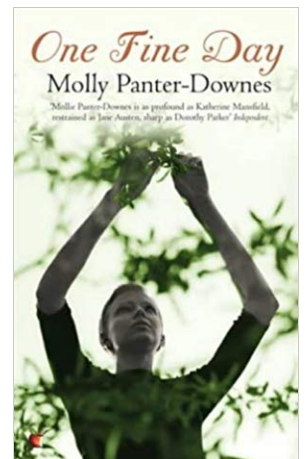
Dr David Lewis, a Sleep Expert and Chartered Psychologist, has collaborated with bookseller, Hatchards, to create a “ZZZ” list of books for the Sheraton Grand Hotel to promote sleep. Factors such as short sentences and concluding chapters were taken into account when compiling the list. This is because an incomplete chapter creates the

“Zeigarnik Effect”, a nagging feeling at the back of your mind that something has been left undone.

So what could you read for a good night's sleep?

Amongst the titles were:

- The Penguin Book of English Short Stories – thanks to its simplistic structure
- One Fine Day by Mollie Panter-Downes
- Still Me by Jojo Moyes (This is a third book in a trilogy though) (Both Molly and Jojo's books have rounded off chapters)
- Conversations with Friends by Sally Rooney because of the lengthy sentences, which cause the brain to slow down and go into a relaxed state
- Others include
- Hercule Poirot Short Stories – Agatha Christie
- Lucky Jim – Kingsley Amis
- Last Order by Graham Swift
- Circe by Madeline Miller



We would suggest reading the books as hard copies and, therefore, not having the light of a Kindle or tablet.

If you try any of these books, please let us know what you think even if it is just to say how you liked or disliked them. We can share a review with members.

Conclusion

We went to see Tim Buckle speak at the Tinnitus Group in Nottingham on 6th August. Many may have seen Tim speak at our conference or at Monkey Park when he came back to visit us and we hope to have an opportunity to invite him again. Tim talks about mind management techniques and the Chimp Paradox. Although not part of his talk specifically, we chatted to Tim afterwards about sleep and mentioned the chasing of ideals for the perfect night's sleep and about changing our beliefs about what will happen if we do not get the Perfect Night's Sleep?

There are also tips and advice to follow to get Good Sleep, such as having a calming and relaxing routine and switching off devices an hour before bed and of course, good news for those of us who like to read, take a good book to bed!

Reference: The Telegraph 365. Small steps to a happier, healthier you

Further information

If you use the internet – look for information by Matthew Walker – a Neuroscientist. Try googling his name and 'Why we sleep'

Here is a link

<https://uk.video.search.yahoo.com/yhs/search?fr=yhs-itm-001&hsimp=yhs-001&hspart=itm&p=matthew+walker+sleep#id=30&vid=812fea0dbcf43f5422dc1dca95d8861&action=view>

POETRY BUZZ

There are now three more dates left for this year's Poetry Buzz so if you haven't been along, do come and join us and have fun whilst learning a new skill or

developing your existing skill at poetry-writing. However, more importantly, the opportunity to join with others, make new friends and look forward every month to an afternoon of fun in a relaxed atmosphere.



I have been interested in poetry for most of my life and I could remember writing poems when I was quite young.

However, recently I spoke to a friend with whom I worked back in the 1960s and she told me that she was searching her family history. This is something I have wanted to do for years and about 35 years ago I spent time at the Council Offices in Matlock trawling through the records. However, I didn't continue but promised myself I would one day. My friend is being helped by someone who is experienced and, having contacted him, he is helping me too. However, he set me some homework to search for paperwork. I have a big pine blanket chest which my dad made when he was 18 years old so it is my family heirloom and where I have stored my "memories" for many years. It was like opening Pandora's Box. I found lots of forgotten things including my old poems. This has inspired and encouraged me even more to keep writing poems (after many lapsed years). I have always known it is therapeutic to put thoughts, feelings and worries onto paper as it helps to clear your mind and focus on what is important and I have obviously done this in the past. Writing poetry has also encouraged me to look

out my old photos and do a montage of memories. I have been given a big picture frame which I have painted and now I am in the process of sorting out my “memories”. It’s really good fun and makes me appreciate and reflect on the happy times I have experienced in my life. This year I have made a list of people (from my past) with whom I want to make contact and I am ticking them off as I do so as each one is a treasured memory of my past.

The forthcoming Poetry Buzz dates are:

25th September – the theme Sarah has set for us this session inspired me to dig into my past when I was about 8 years’ old which brought back lots of happy memories. I have even found some postcards in my treasure chest that fit in with my poem.

Theme: “On the road – our favourite summer destinations and the fun of travelling there”

30th October and 27th November.

Sarah has informed us that we have received funding to continue our Poetry Buzz into the New Year so look out for the dates in a later newsletter.

MOVE IT OR LOSE IT!

We were joined by 21 members at our Soup & Social at The Badger in July



where we had a good time whilst learning

movements to help us to keep healthy and active through Move-it-or-Lose-It.

Joanne made the session interesting and enjoyable and there were a lot of happy, smiling faces. The exercises are gentle and are designed to help us to maintain our independence whilst carrying out normal everyday tasks. We plan to repeat these sessions at a later date and Joanne will include different “journeys” and movements to help us keep active.

WELLBEING WALKS



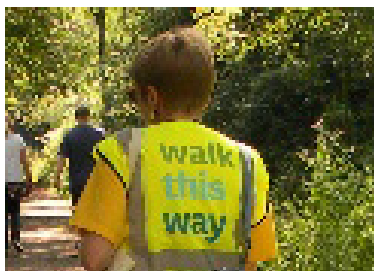
On the morning of 2nd August, eleven of us met up for a walk along Cromford Canal. It was a beautiful walk on a sunny, warm day. Afterwards we sat



outside Arkwright’s tearooms at the side of the canal watching the hungry ducks, many of us eating freshly baked scones with our drink. It’s really nice to walk and talk in such a lovely environment and also gives inspiration for a poem.

**HOLMBEROOK VALLEY COUNTRY
PARK - SATURDAY 28TH
SEPTEMBER**

Our next walk will be at Holmebrook Valley Country Park starting at 10.30 am. There is a Coffee Shop which is where we will meet to start our walk and there is plenty of parking space.



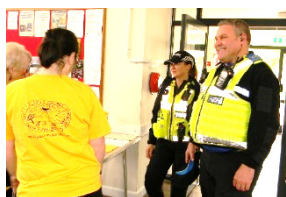
****A Booking Form is enclosed with full details and also so that we know who to expect.** Joanne also needs people to register on the walk. However, if you have already been on our other walks, you will not have to re-register again. **More details on “Dates for your Diary”**

OUTREACH EVENT AT ILKESTON

For those of our members who live within this area, we are coming over to Ilkeston Library on **TUESDAY 1ST OCTOBER – 10.30am – 1.30pm** so it would be nice to see you. **More information in Dates for your Diary.**

WELLBEING DAY held on the 5th June at Loundsley Green Community Centre.

Here are some photos from our Wellbeing Day. Throughout the day about 30 people called in to see us



including two police officers, who took away

information about tinnitus to help someone they knew. Deaf and Hearing Support brought along a stall

and Anne provided the transcription on screen which was very helpful.

CHRISTMAS CONCERT WITH ‘PEAK PERFORMANCE’ “SINGING SONGS FROM THE SHOWS” FRIDAY 13TH DECEMBER – 7.30PM AT THE WHITTINGHAM MOOR METHODIST CHURCH, SCARSDALE ROAD, CHESTERFIELD, S41 8NA

Thanks to Muriel who made contact with Mike Spriggs with regard to holding a concert to raise funds for our group. This has now been organised and Mike is kindly donating all of the proceeds from the concert to our group. As it is expected to be very popular, we are enclosing a booking form and will be producing the tickets shortly. One of the singers is Debi Alvey, whom many of you will know as one of the Senior Specialist Audiologists at the Royal Hospital. **Tickets cost £7.00 each**
****Please complete a Booking Form/payment or phone us on 01246 380415.**

AGM/CHRISTMAS ENTERTAINMENT – WEDNESDAY 18TH DECEMBER 11AM – 1.00PM

This meeting will be at The Badger on Wednesday 18th December. Usually the AGM is about 20 minutes and then **“WE”** entertain you. If anyone wishes to write a Seasonal poem we will be happy to include it in our itinerary. **More details later also on “Dates for your Diary”.**

GETTING THE BEST OUT OF LIFE Are you at peace with yourself and with the world? It is said that the 21st century is the age of anxiety. In certain situations,

anxiety may be normal, as before examinations or competitions or if you are experiencing a problem at home, at work, or with friends.

Anxiety may arise when the future is threatening, robbing us of sleep and concentration. It is a perfectly normal reaction in a difficult situation. It is something we all experience from time to time.

Abdominal breathing will give you some relief. If you are able to stand at an open window or go outside in the fresh air, inhale deeply through your nose and slowly through your mouth for three to five times, this will help to refresh you. Make this a daily cleansing operation; you will feel the benefit of an increased sense of wellbeing and emotional tranquillity.

Replace distressing and negative thoughts with peaceful and positive ones. Mindfulness will also help you. Spend some time each day practising Mindfulness.

For many of us life will be a long one, but we can only live it a minute at a time. So it is important to take care of ourselves emotionally as well as physically. We learn lessons from yesterday for today but for tomorrow we need to look forward to a good life. We hope that in some small way, our meetings, events, walks etc will help towards encouraging you to enjoy every day of your life.

With funding we have received for our Poetry Buzz we are developing a booklet of poems which we hope to sell to raise funds. We would like to include as many budding poets as possible – so if you haven't already done so – please send in

your poem. We would like all poems to be “happy and uplifting” to generate a positive booklet. **We have extended the deadline to the 31st AUGUST.**

“IT MAY NEVER HAPPEN”

It may never happen,
How often have you tried
To set tomorrow's pattern
With today as a guide?

How often have you panicked,
Dreading things to come,
Worried and regretted
The things you may have done?

Yet it may never happen,
So, why fret in vain,
Why cloud tomorrow's sunshine
With unpromised rain?
By Anne Kreer (“Grace” 2006)

OTHER FUTURE EVENTS TO HELP YOU PLAN YOUR DIARY

FRIDAY 29TH NOVEMBER 2019 – CHRISTMAS GET-TOGETHER at the Parish Rooms followed by the FESTIVAL OF CHRISTMAS TREES for those who want to visit the Crooked Spire to look at this beautiful spectacle. **(See Diary of Events for more details).** By popular demand we have invited David Tideswell who gave a lovely talk last year about the Robin. This year he will talk to us about Garden Birds”. **Booking Form will be sent out later.**

Not only are we decorating a tree for the Crooked Spire, but also for Dronfield Church and St. Thomas' Church, Brampton, as well as Morton Church. We like to keep our theme of yellow/black so wondered if anyone

could make some coloured pom-pom balls out of yellow and black wool for the trees. We also like to hang on the tree some of our poetry and last year, this drew a lot of attention to our trees.

SPONSORED RUN TO RAISE FUNDS - JOANNE

Joanne and Simon will again this year take part in the **EQUINOX 24** on Saturday 21st and Sunday 22nd September. The event starts at 12 noon on the 21st and finishes at 12 noon on the 22nd. The premise is to undertake as many 10k loops in the 24 hour period as possible so this can include throughout the night. This year Joanne and Simon will be undertaking this as a solo. The 10km loop is within the stunning grounds of the Belvoir Castle Estate. Belvoir Castle stands high on a hill overlooking 1600 acres of woodland and is a breathtaking backdrop for this event. The course which sits partly in Leicestershire and partly in Lincolnshire, has varied terrain so runners will go past lakes, through wooded areas, up and down hills and round open fields. ***Joanne hopes to run 50km plus.***

If you would like to sponsor Joanne on this adventurous run, we would be very pleased. **Sponsor Form enclosed with newsletter.**

‘FEEL FREE’

As we are always trying to come up with new and innovative ideas for our group, we will be telling you more about ‘Feel Free’ in a later issue of our newsletter and hope that it will be something that you will find interesting and inspiring which will promote conversation, also

reflecting on happy memories and interesting people.

PLEASE CAN YOU HELP

Sarah would like some little bags suitable for Potpourri. Sometimes the little organza bags are given along with jewellery so if you have any tucked away that you don't want, Sarah will recycle them and give them a new lease of life.



The other “**ASK**” is for pom-pom balls in black and yellow or anything seasonal in black and yellow. Joy is donating the Christmas Tree for the Crooked Spire and also making the decorations but we have three other trees and some of the days overlap so some decorations in “our” bee colours would be helpful.

Finally, if you have any really pretty shaped jars could you please let us have them so they can be decorated and used for “gratitude” jars.

THANK YOU

RESEARCH TO BE UNDERTAKEN BY NOTTINGHAM HEARING BIOMEDICAL RESEARCH UNIT

“Tinnitus and Stress: The Role of Cortisol”

We have been invited to take part in research being undertaken by the Nottingham Hearing Biomedical Research Unit and we enclose information in connection with this study should you wish to become

involved. We are sending you all the information so you can read it in order to make your decision. We think that the section where it states "We would like to receive your reply within one week" – is a response you would receive if you contacted them for information and requesting that you respond within one week.

However, we have decided to print out this information for you but you would need to contact them if you wish to take part.

We hope some of our members will be able to take part. Members of our group have taken part in previous research. If you are accepted, would you please let us know as we are always interested in your experience.

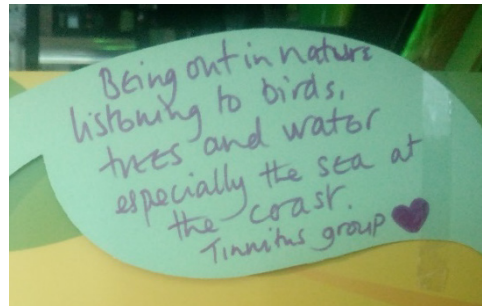
A Report from Monkey Park

We held a really good meeting at Monkey Park on 13th August. The Coffee and Chat events enable you to come along and ask questions about your tinnitus. It is also an opportunity to welcome new members.

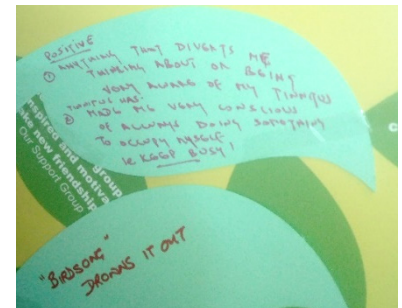
To begin the conversation we usually start with an activity. This time we asked members to write down their worries about tinnitus on one leaf which we symbolically put on the floor, like a tree shedding its leaves. We also asked them to write down something that has helped them manage their tinnitus and we pinned these on our tree of inspiration.

Sleep was mentioned as a concern a couple of times and we have mentioned this in our newsletter. However, in the 'positives', members came up with a few other ideas such as using a mobile

sleep app which can be



downloaded onto an ipad or phone, as well as using environmental sounds at night such as bird song. Also, a few members mentioned about getting out in nature, going for a walk. Two members have a dog which they enjoy taking for a walk. Our group was also mentioned that they have found the Monkey Park meetings helpful in managing their tinnitus.



We were pleased that Steven Payne, Environmental Health Officer, Environmental Protection, Chesterfield Borough Council, was able to join our meeting.

We were also joined by Tony and Dave from Kingsmill Hospital Radio – Millside Radio, who were entertaining and very interested in our group and wishes to keep in touch with us.

We look forward to seeing you at our various meetings and events.