

**MONKEY PARK
MONDAY 3RD FEBRUARY 2020
FROM 1.00 PM TO 3 PM**

RESEARCH FUNDED BY THE BTA

The theme for "Tinnitus Week" will be **Tinnitus Research**. Emily Broomhead, the BTA's Campaigns Manager, will come along and talk to us about the Research that the BTA are funding.

**Do come along and join us for an interesting afternoon.
Please see 'Dates for your Diary'**



Chesterfield and North Derbyshire Tinnitus Support Group

34 Glumangate

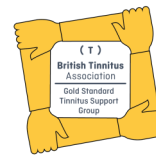
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**CHESTERFIELD & NORTH DERBYSHIRE
TINNITUS SUPPORT GROUP**



34 Glumangate, Chesterfield, S40 1TX

Tel: 01246 380415

Newsletter: Edited by Audrey Carlin

January/February 2020



We Had Great Fun in 2019

We Hope You Will Join Us for 2020!



@tinnitusbuzzwords



@TinnitusSupport



Tinnitus_support

HAPPY NEW YEAR TO EVERYONE

And welcome to our first Newsletter of the new decade



Our first meeting of the year will be something to help you through the winter months. Helen Carter is the Project Development Co-ordinator for the National Energy Action which is a charity. She works across the East Midlands delivering advice and support to groups on staying warm and healthy in their homes. Her talk is very interesting and extremely helpful and informative and not to be missed. Helen is coming along on:

WEDNESDAY 29TH JANUARY 2020 to THE BADGER. The meeting is from 11.00 am to 1.00 pm with Soup, Sandwiches and Chips afterwards.

BOOKING IS ESSENTIAL – please see Dates for your Diary and Booking Form.

We had an extremely busy 2019 with lots of different meetings and events. November and December being very busy months. Our joint event with DAST - the “Festival of Christmas Trees” along with a visit to view the Christmas Trees in The Crooked Spire after the talk, was very successful. Forty-eight people came along on the 29th November to listen to David Tideswell’s talk about Garden Birds together with his beautiful slide show of the birds in his garden. On arrival they were greeted with a hot drink and scones/mince pies. Firstly, David showed us his various bird boxes (very simply made) but with the correct apertures for the birds and with tips on easy ways of keeping the boxes clean. It’s very important to keep the bird boxes and bird tables scrupulously clean to avoid disease. His photos included many species of birds that had visited his garden.

So, it makes such a difference to people when you smile at them. Although you “give” a smile away, you still have plenty more to give to other people – and they will return them back to you!

In a German study where participants were asked to guess the age and attractiveness of people wearing various facial expressions, neutral faces were guessed more accurately, but happy or smiling faces were considered to be better looking and their ages were consistently underestimated by several years. That’s a really good reason to **KEEP SMILING!!**

[Extracts from Saga 2017]

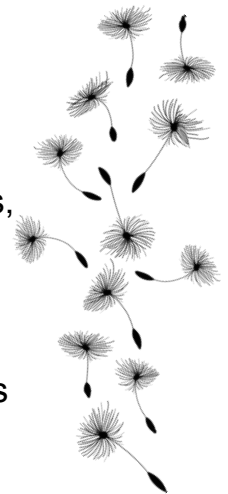
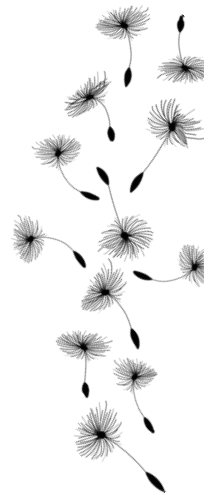
Although the following isn’t one of our poems, it fits in perfectly with the subject of Smiling.

Gift of Laughter

We all need laughter now and then, We need a smile or two,
To see the brighter side of life
And let the sun shine through,
We need to share a friendly word
With people every day,
To spread a little cheerfulness
As we go on our way.

We need to look for hopefulness,
A rainbow after rain,
To keep an optimistic view
Then dreams are not in vain,
We all need laughter in our lives
It warms us deep within,
So share a little happiness
And let the **smiles** begin!

By Iris Hesslenden



Research using fMRI scanning has shown that it heightens activity in the brain and stimulates the production of endorphins, the brain's natural 'feelgood' chemicals. Anything that makes you feel happy tends to have therapeutic effects too, so predictably smiling has been shown to produce numerous health benefits including lowered blood pressure, as well as reduced levels of the stress hormones, adrenaline and cortisol.

One of the most fascinating things about smiling is the fact that it is 'evolutionarily contagious'. When you smile, people are compelled to smile back at you and it is also virtually impossible to frown at someone who is smiling at you.

This was tested in November when Joanne and I went to Manchester (we had been asked by the BTA to go along to give a chat about our group in support of others who were in their early days of setting up a group). It was the weekend when we had the floods; our early Saturday morning train from Chesterfield was cancelled but after an hour's wait at the station, we caught the next available train. When we arrived in Manchester, Joanne had to sort things out at the station and I sat on a cold and uncomfortable seat. Suddenly I saw a pair of legs coming towards me and I looked up to see a policeman smiling down at me. That smile made such a huge difference to a morning when everything seemed dismal, damp and dull!



After David's talk last year, I started to keep a journal of birds that feed in our garden and the above are some of the visitors, including the Sparrows of course. The Collared Dove and the Chaffinch are not "regulars" but the others – Robin, Blackbird, Starling, Bluetit, Wren, Long-tailed tit and Magpie are regulars. The Magpie steals the duck eggs every morning for breakfast during the laying season but we don't mind!

For anyone who would like to visit a lovely small restaurant which is on Castleton Road, Hathersage - it is listed on the internet as the Riverside Herb Garden (but the sign outside clearly shows it is the bird garden). It is a cosy restaurant with a deli and lovely food but the main attraction is that on one side of the restaurant there is a big window, through which you can watch the variety of birds feeding (along with one or two squirrels). It brings nature

really close to the restaurant and there are even books so you can identify the species of birds. From Springtime, they also sell a good selection of plants and herbs so it makes for a really nice outing.

We went one morning over Christmas for breakfast and got a lovely window seat watching the birds. Well worth a visit for those who may not already have been andinspiration for a poem!

WELLBEING WALKS

We have done two walks during the last few months of 2019 -

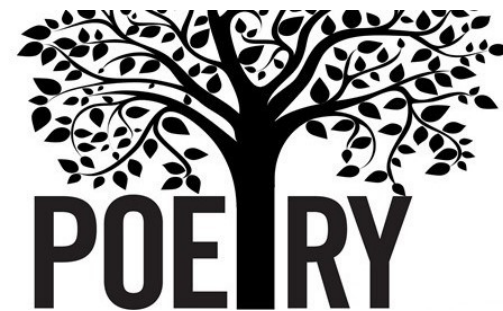
Holmebrook Valley Park at the end of September and our Christmas walk at Hollingwood Hub on the 20th December. Twelve of us gathered at Holmebrook Valley Park on a Saturday morning for our walk around the lake, enjoying the weather after so much rain. The sun was shining and it was a beautiful walk. However, just as we neared the end of our walk and were literally yards away from the car, it started to rain. We were lucky!



However, our Christmas Walk was in the rain but 13 of us (including Mavis the Pug who loved it!) braved the weather. It was exhilarating and we all enjoyed ourselves.

Afterwards we went into Katey's Café for a warm drink and refreshments and a cosy chat.

Sarah has designed the themes to promote inspirational thoughts and to encourage happy memories and it's surprising how, when you come along to the "buzz", you will be able to find something to fit around the themes. Listening to others also gives you enthusiasm so give it a try. You will find writing poetry very cathartic and you will soon find your own style of putting pen to paper in a fun and enjoyable way.



SMILING



Smiling is an important form of communication. Smiling can make a massive difference on how happy we feel. It was Charles Darwin who discovered that we **don't** smile because we feel good. **We feel good because we smile!** He

developed the 'facial feedback' hypothesis because he realised that the brain equates certain muscle configurations with specific emotions. So, our expressions have the power to amplify our moods.

If you are in a bad mood, smiling is one of the most efficient ways to cheer yourself up.



Muriel and Joy greeting people with a smile at the Christmas Concert

I would say, by all means give “morning pages” a try if you have time in a morning and if you wake up feeling negative. See if it works for you – if it does, we’d really like to be able to present a positive report to counter my negative one. But if, like me, you are more likely to wake up to an adrenalin fuelled list to get through, write a short four-line poem about the dawn chorus or the sunrise to calm yourself down.”

The first three months of dates from February to April are detailed in our 'Dates for your Diary'. These are the themes based on "Memory Box". Our poetry buzz is a happy and relaxing experience and one which I think you will enjoy.

November: Christmas past!



We spent a wonderful entertaining evening on the 13th December which was enjoyed by over 70 people who came along to hear Christmas Carols sung by 'Peak Performance', a couple of which we were invited to join in with. It



was a great way to start Christmas and we all thoroughly enjoyed ourselves. Mike Spriggs organises concerts in various locations throughout the year, along with this beautiful choir, 'Peak Performance'. The evening raised £508.25 for our group and we thank Muriel who liaised with Mike Spriggs to put on this concert for our group, as well as our thanks to Mike and Peak Performance.



Our AGM and Christmas Entertainment was on the 18th December. Committee, officers and ex-officio members are as follows:-

Chair: **Joanne Gordon**
Secretary: **Audrey Carlin**
Treasurer: **Sarah Walters**
Committee: **Muriel Lascelles**
Joy Lunn
Philip Wheelhouse
Adrian Harding

Our 3 new Committee members are:

Sarah Richards

Judith Power

Shay Boyle

Ex-Officio Members:

Debi Alvey

Jodie Rogers

(both of whom are Senior Specialist Audiologists at Chesterfield Royal Hospital).

After the AGM everyone enjoyed listening to Poetry, penned by our group. Two poems, written by one of our members who lives in Macclesfield, were read out and received applause from the audience.

When talking to Sylvia one day, I encouraged her to have a go at writing poetry as a way of distracting from her tinnitus. She gave it a try even though she had no previous experience.



Mindfulness – do give it a try. We hope to produce another poetry book in the future and look forward to including some of your poems.



Quite a number of our members live a long distance from Chesterfield which is why we encourage them to take part with our group activities wherever possible. It really does help with distraction and

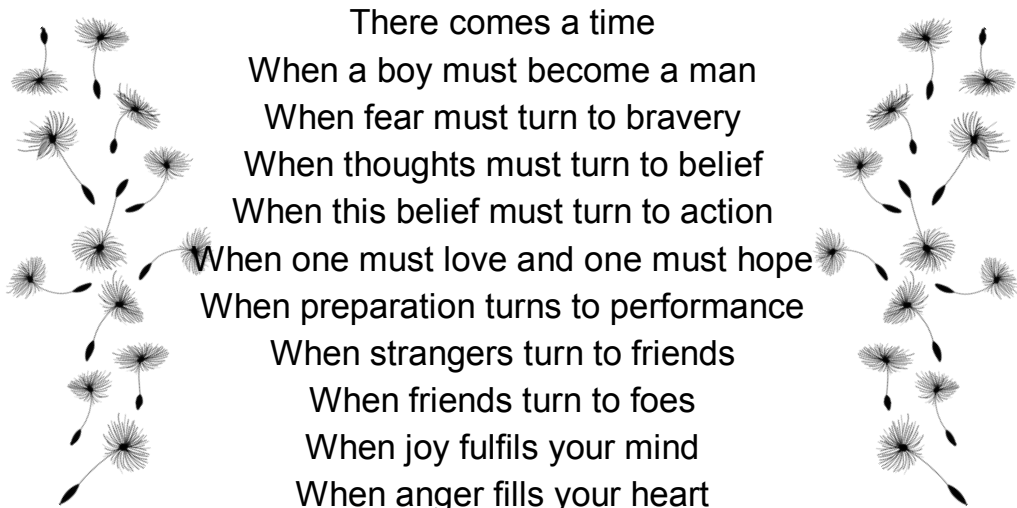
writing every morning, as soon as you wake up. You should write the first thing that comes to you; therefore, getting out of your head all of the things that are drifting about in there. This has been compared to sweeping out your brain, helping you to move the anxiety and negativity out of your system. It has been credited with the resolution of issues that have troubled your subconscious. You can keep your morning pages and refer back to them, or destroy them.

A lot of people seem to find this a helpful exercise, but it might not be for everyone. Sarah agreed to trial the practise for us for a week, and then report back.

“I didn’t enjoy my week of morning pages, and I must confess that I gave up after four days. I did the trial just during half term week, as I have two teenage daughters and during term time I already have to be up at 5.30 am to get them up and out to college and school before going to work. The thought of getting up any earlier to write seemed a step too far. Even so, with a little more time than usual to write these three pages I became almost instantly resentful at how much this ate into my time. I always wake up to a list of things that I need to complete and achieve during the day ahead, which start swirling around my head before I open my eyes. I found that I wasn’t writing anything that I didn’t already know and it only gave me an overwhelming sense of impatience.



WRITING PAGE BY SARAH



There comes a time
When a boy must become a man
When fear must turn to bravery
When thoughts must turn to belief
When this belief must turn to action
When one must love and one must hope
When preparation turns to performance
When strangers turn to friends
When friends turn to foes
When joy fulfils your mind
When anger fills your heart
When one must stand up and lead
When one must sit back and listen
There comes a time, when the time must be taken
By Maro Itoje

Maro is a Rugby Union player. He plays for Saracens and is also a member of the England team. He was born in London and studied politics at university before taking up sport as a full time occupation. Maro wrote this poem around the time that he was named Man of the Match after a game against New Zealand.

This poem shows that writing really does have a place in building self-confidence and putting aside negative emotion in order to move forward.

Here in the office we read about a writing exercise called “morning pages”, a practise suggested by artist and writer, Julia Cameron. The idea is that you should fill three sides of paper with

Sylvia’s experience shows that distance doesn’t matter and you can still take part in our poetry writing. I hope Sylvia’s story will inspire you to take part. Well done Sylvia!

After the poetry readings we sang some well-known Christmas songs (including Rudolph the Red-nosed Reindeer) which Jemma signed to using the Makaton method. Jemma is part of a Signing Choir run by “Fairplay” which she attends twice a week. Makaton uses signs and symbols to help people communicate and it is designed to support the development of spoken language. Makaton signs are based on the gestures used in BSL (British Sign Language – the language of the Deaf community). Unlike BSL, Makaton signs are used in conjunction with speech at all times and in English grammatical word order.



SLEEP



The more I read about sleep problems or watch the subject on television, the more I realise that it is a huge problem for society as a whole. However, everything always points to simple techniques that we are all able to do in order to achieve a good night’s sleep. It’s not to say

that it will happen every single night because each day is different. However, there are lots of things you can do to help yourself. With this in mind we have recently updated our “How to get a good night’s sleep” booklet (See launch 6th April 2020)

OVERCOME INSOMNIA

[Source of following information: "Happiful", December 2019]

The point at which sleeping problems turn into insomnia is when they become regular – over months or years. This could show itself in a number of ways, from finding it hard to fall asleep at night, to waking up regularly through the night, or not being able to fall back to sleep again.



Andrew Major who is a Clinical Hypnotherapist, says, "Some of the most common causes of insomnia are: ongoing stress, pressure, anxiety and depression which can creep up on us gradually, leading to excess worry and overthinking – especially when it's time to sleep". He explains, "There may be other psychological reasons causing insomnia, including anger, grief or trauma."

According to the Sleep Council, of those who get less than five hours of sleep per night, 21% live with depression and 17% with anxiety. But when it comes to insomnia, it's a vicious cycle.

Whilst these problems may be causing sleep problems, lack of sleep can then lead to poor mental health, including low mood, irritability and problems concentrating as well as added anxiety about not being able to sleep.

Andrew Major says "Whatever the issue – by taking action to address the underlying causes and with some simple changes to our daily habits and routines – you can break the cycle of sleepless nights and learn how to sleep well."

FEEL FREE

"FEEL FREE"

Our first "Feel Free" will start ON WEDNESDAY 18TH MARCH 2020 AT THE BADGER. We have a varied selection of subjects on which our members are willing to give a talk and Joanne is going to start it off with a talk about Chesterfield Theatre Company. Joanne says:

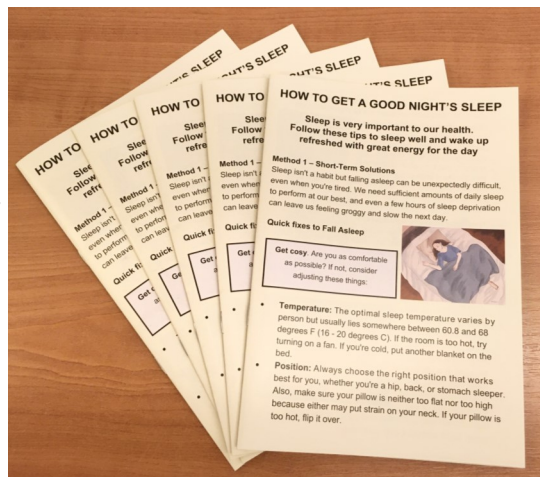
"I have been a member of Chesterfield Theatre Company (formerly Chesterfield Playgoers) for over 23 years. The Company was established in the 1920s and, therefore, has been entertaining local



audiences for 100 years. Chesterfield Theatre Company is a committed, competent and professional amateur theatre company. My talk will be about the joy and dedication needed to be involved with such a talented team. And, of course, my own 'love story' acted out through "Brassed Off". More will be revealed! 'Feel Free' will also give an opportunity for those members who live too far away from Chesterfield to contribute by writing an interesting story which we would be happy to publish in our newsletters.

I have tried Cottage Cheese when I feel a bit peckish in the evening as I know I wouldn't sleep if I feel hungry, and I have slept well. So cottage cheese is now on my regular shopping list. However, I'm not sure about the Nuts and the Kiwis!

If you would like a copy of our illustrated booklet called "How to get a good night's sleep" please contact us by phone or email.



Launch of our Library of Resources to aid Sleep

We have now received funding to set up a library of resources especially to help with sleep problems. This will include practical equipment such as sound therapy systems which we will purchase from the BTA and under-pillow speakers as well as publications. At the same time, Adrian, one of our committee members, who demonstrated Apps at our workshops, will also give a demonstration of Apps to download onto your iPhone or iPad. He will also answer any questions you have regarding this. We will launch the products at our meeting at Monkey Park on the 6th April.



The first step is to take a good look at your daytime habits.

For example:

- How much caffeine do you drink during the day?
- When do you switch off your mobile device and laptop?
- Do you have time to relax properly before going to bed?
- Do you have a regular and consistent sleeping and waking routine?
- Is your bedroom comfortable and free from light?

The other point he made was "free from noise" but that's not possible for those of us who experience tinnitus. However, listening to low-volume music that's soothing or familiar can provide comforting background sound to help you to relax and drift off to sleep.

Andrew Major says that "Addressing these areas first can often help us narrow down what may be the root cause of our sleep problems". The next point of call is assessing the amount of physical activity we do each day. Regular aerobic activity calms our bodies and minds, releasing feel-good hormones that help us regulate our moods. Although this doesn't mean that you need to hit the gym for an intensive workout – gentle activity, such as walking, yoga or gardening has the same effect.



Recognise the signs of Insomnia:

The Emotional:

Are you feeling tense, anxious, irritable or lack enthusiasm for things you usually enjoy?

The Physical:

Have you been experiencing headaches, increased heart rate, muscle aches and pains, or changes in appetite?

The Cognitive:

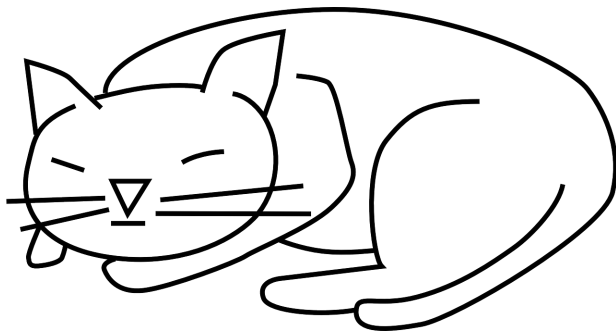
Do negative thoughts take over your mind and have you noticed excess worrying, a lack of concentration, forgetfulness, or difficulty making decisions?

Andrew Major suggests the following which will also help:

Practise Positivity

Talk about the positive aspects of the day and celebrate successes. Your brain triggers thousands of neurons with every thought. Repeating the thought process triggers the same

neurons so, when we make a conscious effort to recognise the positive things in life, we build new, helpful thought patterns.



Visualise Change and find Solutions

What would life be like tomorrow if you slept well? What would you be doing differently? What would family and friends notice about you? Creating positive expectation and visualising it happening will strengthen the likelihood of a positive outcome.

Create good sleep hygiene

Create a plan, identify the things that are easy to change – such as a regular bedtime and waking time, avoiding stimulants before going to bed (eg cigarettes and caffeine), get enough exercise during the day, create a quiet, dark and comfortable bedroom and remove all electronic screens.

Eat your way to a restful night

According to the National Sleep Foundation, certain foods can work wonders for our sleep quality. Two hours before bed, try:

Almonds and walnuts: These nuts contain melatonin, the hormone that regulates our sleep.

Kiwis: Packed with antioxidants. A study from Taipei Medical University found that eating two kiwis before bed helped people to fall asleep more quickly and improved overall sleep quality too.



Cottage cheese: Rich in amino acid tryptophan – believed to increase the feel-good hormone serotonin – cottage cheese can be mixed with fruit for a ‘slumbersome’ snack.