



**CHESTERFIELD & NORTH DERBYSHIRE
TINNITUS SUPPORT GROUP**



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Wellbeing Magazine

Edited by Audrey Carlin

March/April 2023



Bonny by Sandra Johnson



@tinnitusbuzzwords



@TinnitusSupport

Meetings and Contents – March/April 2023

Meetings

Important information re Meetings, Booking Forms etc

(Please see information towards end of magazine)

Soup and Social – Tuesday 16th May 2023 – 11am

Soup and Social – Booking Form and Menu for 16th May

Free Breakfast Meeting for Members – Tuesday 25th April 10 – 12 noon “Tinnitus perception and emotions” **including Booking Form**

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Saying 'Good-bye' to a much-loved companion

by Sandra
Johnson



Bonny came into my life on the 4th of February 2012

when my husband Mike and I went to Wiccaweys Border Collie rescue to meet a possible new canine companion. We had passed the required 'tests' to see what experience we had of dog ownership and, more specifically collies. Our home and garden having previously been assessed as suitable. Paul and Sarah had chosen a couple of dogs they thought would suit our lifestyle and invited us along to meet them.



Paul collected Bonny from her pen and introduced her to us. While we were saying our initial 'hello' to Bonny, he told us what they knew about her background and how she had been during her stay with them. All they knew of her previous life was that she was born in April 2009 and had lived on a farm in Chorley. After the farmer's death she was sent to the local authority kennels in Manchester with a hope of re-homing within the week. Fortunately, the Border

Collie Trust came across her a day before she was due to be put to sleep and asked Paul and Sarah if they could take her in.

It is a sad and not well-known fact that dogs in local authority care that are not reunited with their owners or found alternative accommodation are put to sleep. Some authorities only keep

dogs for a maximum of 72 hours, others for up to a week.

Paul handed this rather bouncy, tense collie with lopsided ears over to us and invited us to take her for a walk on a long line around the fields and get to know her a bit. During our walk it was obvious that both of us had fallen for her and didn't want to consider any other dog. After further discussions and more paper work we made our donation to the organisation and Bonny was handed over to our care.

Fortunately, our rescue cat Charlie very quickly decided that he was happy sharing his home and garden with Bonny and they became firm friends, as did Patch the Bearded Collie who joined

our family a few months later.



Charlie and Patch both died in 2018, the same year I lost my mother and husband. Not the best of years.

[Bonny sharing her bed with Charlie and Patch and Bonny getting to know each other]

Bonny was a 'typical' Border Collie who didn't operate in slow mode. She was undoubtedly traumatised by her experiences and needed time to adjust to living with us and in a totally new environment. I suspect that the day she was taken to the dog pound may have



been the first time she'd been on a car journey. Throughout her life she demonstrated a reluctance to getting in the car no matter where we were going. She quickly learnt the cues that signified a car journey was imminent and tried to avoid having to get in the car. Traffic also seemed to be a new experience as well.

After several weeks of taking her for walks on a long line and commencing dog training classes (at which it was obvious it was the owners being trained rather than the dogs) we felt confident enough to let her run free. We found out fairly early on that she had a strong scent instinct and, having picked up the scent of something (usually fox, rabbit or rat) she would set off in pursuit .



[Bonny digging for moles]

In the early days Mike and I would tend to try and follow her which was easy enough if we could see where she'd gone.

She was, however, not easy to catch and able to run faster than both of us when in chasing mode. Depending on the location and circumstances we learnt over time that it was best to remain where she had last seen us and at infrequent intervals blow the whistle or recall her. She would return in her own time! Very frustrating and worrying when you weren't sure where she was or what she was getting up to. More often than not we did know where she was but couldn't get close enough to grab her.

She also had a tendency to be 'reactive' with some dogs especially black Labradors, Boxer dogs and small bouncy terriers. I realised that I needed help to address the problem. So back to the trainer we went. With practise and over time I learnt how to pick up on the triggers for this behaviour and, importantly, how to minimise or eliminate her negative reaction to certain dogs.



[Bonny's "water bowl"]

For the most part she was a gentle and loving companion who didn't like change and became stressed when something was different but loved the freedom to run and explore.

Bonny was definitely an outdoors dog and loved being in the garden and patrolling the boundary wall when she'd seen a rat come from the adjacent churchyard. Over the almost 11 years we had together I became close to Bonny and she to me. She was a stoic animal that coped with the pain of a

shoulder injury that entailed a month's cage rest (not ideal for a border collie) and months of hydrotherapy. The injury resulted in both her shoulders becoming arthritic as she aged. On top of this she had a rather aggressive tumour in her mouth. All of which meant that I was never really sure how much discomfort or pain she was experiencing.

[Bonny's first Lake District holiday]



She was, like many collies also very sensitive and during the last couple of days of Mike's life she spent a great deal of time upstairs by his bed. Strangely after he had died, she left the

room almost immediately and came downstairs. She was a character who seemed to charm people and was a loving companion.



[Bonny's first day in Chesterfield with Mike]

I'd known for some time that I would have to face 'decision day' and had always hoped it would be further in the future

than I dared to hope. My head was telling me that it probably might be soon although my heart didn't want to let go 'too soon'. But then the inevitable happened.

On the 20th December 2022 I took her for the vet to check on the growth which had, yet again, started to bleed. She was able to get a really good look at the lump and I knew by her expression and what she said it wasn't going to be good news. The growth had definitely changed in character and was growing down towards her throat as well as pushing her jaw outwards. There was no doubt that this would have been painful for her and make eating progressively more difficult. It could even result in her choking.

It was time to make my decision. The vet was understanding and said I didn't have to make my mind up at that precise moment and was prepared to give Bonny more pain relief so that she could be with me over Christmas. My concern was that

if anything happened over the holiday period it meant a stressful journey to the emergency vet in Clay Cross that would have been traumatic for both of us. We agreed that I would go home and consider the limited options and let the vet know my decision.

I told myself that I'd coped with loss before - grandparents, both parents, husband (my mother died 6 weeks before my husband in 2018) aunts and uncles as well as friends. Surely, I could cope with losing my dog? After all it isn't the first pet that I've lost. All have been loved and missed but somehow Bonny was different. She'd helped me through some very dark days and had given me her loyalty and companionship.

There was also the added emotion that the 'good-bye' was at a time of my choosing rather than the natural rhythm of life and death taking its course. Hard as it was to lose family and friends it wasn't my decision when it would happen. For Bonny it was different. I had to make a reasoned and balanced decision of when her life would end.

My decision to say 'goodbye' on 21st December was difficult. On one level the new medication for her arthritic joints was effective and she was choosing to take me on longer walks for the first time in quite a while. On the other hand, the growth in her mouth had become more aggressive, larger and was definitely growing much faster. She did have a quality of life but for how long? In discussion with the vet we agreed that I should let her go with some dignity rather than waiting until she was in pain and distress.

I was determined that her final day would be as 'normal' as possible. We did our usual morning walk after which Bonny wandered round the garden and sat in the sunshine until it was time to go. I'm so glad I chose to take her at the end of morning



surgery as it gave us some quality time together.

I was accompanied by my friend Suzanne who was fond of Bonny and cried almost as much as me. The final act was peaceful and

she slipped away in my arms. It was the last kindness I could do for her. I shall miss her dreadfully but remember her with affection. She taught me a lot about how to cope with life's difficulties and leaves me with many happy memories of our years together. I shall scatter her ashes in her garden on a bright spring day and say 'Thanks for enriching my life'

[What a beautiful story Sandra of how pets enrich our lives and help us through the dark days. Thank you for sharing your very poignant story with us. I am sure so many of our readers will relate to the sentiments you express as the unconditional love of pets bring so much joy and comfort to us]

We would love to hear your stories of your pets and the joy they bring.



We went on a summer holiday

by Tony Huzzard

At 87 you start to think, don't you, about the fact that you can't take it with you when you depart this earth – your money that is.

It is about seven years since the last holiday with my partner, Linda, that is. That was to Belfast and the Titanic Experience. Since then, the only 'holiday' has been to a retreat centre called Minsteracres, near to Staley Hall, for our annual singing week, with usually about thirty other people. That is if you can call a week of non-stop singing a holiday .



[Photo of the 'Balmoral']

We decided to book a cruise, firstly for September 2021 - cancelled, then April 2022 – cancelled. We finally booked for June 2022 – third time lucky. This sailed from the Port of Tyne at North Shields one sunny evening, under beautiful blue skies. The North Sea turned out to be extremely calm – just as well as I need it to be like a mill pond for a happy sailing.

Before boarding we were first tested for the dreaded Covid and then joined a queue for about forty minutes until our details were verified. A short walk then took us to a bus pick-up point where the local transport took us along the quayside to the Balmoral. Our luggage, by the way, had been taken care of earlier. The vessel was so much larger than I expected and weighed 43,537 tonnes. It turned out to be like a floating village with shops, restaurants on many decks and even an ice-cream parlour.



After climbing an extremely steep gangway, which was petrifying for me as I hate heights, our first task, before we even looked for our cabin, was to find a place to eat and drink. It was now about mid-afternoon. Our cabin had a good sized picture window but I always felt panicky and enclosed because of my lifetime of asthma suffering, and many sleepless nights were had.

Our vessel reversed further up the Tyne and we set sail just after 5pm.

[Testing out the bed in the cabin]



We had been allocated a specific table for six for our evening meals but two

of these people only came once as they couldn't bear to have to wait to be served. The other two, Sue and Ray, became good friends throughout the whole voyage. With regard to the food situation, it was completely out of this world, with breakfast served from eight to ten and then more food and drink every two hours throughout the day. By the end of the cruise we were sick of the sight of food and returned home to have bread and soup for our first meals.



The entertainment each day was non-stop with dancing classes, singing sessions, Pilates and various lectures. One such lecture, which we attended on two separate afternoons, was about the activities of the German battleship, Tirpitz, which was holed up in one of the

Norwegian fjords for most of World War 2. It was a multi-media lecture with recordings, pictures and original speeches. The lecturer was extremely experienced and spoke as the Germans would and Winston Churchill too. Only a week earlier the wireless operator of the 'Lancaster bomber' that destroyed the Tirpitz had died. He was aged 100.



[Linda, on deck, enjoying the beautiful scenery]

There was also a library on board which contained many jigsaw puzzles, one of which was of a cricket match, which I had almost completed but when I returned to it after one evening meal, I found that some comedian had destroyed it. So that was the end of my puzzling. I

asked my partner, Linda, to buy it for my birthday but it is now unavailable. There was also a show in the ballroom each evening with singers and dancers entertaining us.

Only once did we disembark and that took in a sightseeing bus trip around Bergen – costing as much as £35.00 each in English money. On leaving Bergen, during our evening meal, all the lights went out and further along the fjord the vessel came to a complete standstill. Eventually we returned to Bergen where repairs were carried out. We were then escorted along the fjord by smaller craft until we reached the open sea. That was a scary experience at the dead of night. We never did find out what the problem was.



Our seven-day cruise took us up and down a number of fjords with magnificent views of snow-capped mountains and high waterfalls.

[Photo Cruising through the fjords, Olden, Norway].

Finally, when returning across the North Sea, we found that we had caught the dreaded Covid, perhaps due to the air conditioning on board. But at least we had completed the trip before this took hold.

[Tony frequently tells stories, recites his poems and sings on his local radio station (Nova Radio North East) for a programme called "Older Voices" for which he recorded this story in Newcastle. Over time Tony has told many stories and their summer cruise 2022 was one such story. Thank you also Tony for sharing your cruise experience with us. Unfortunately, like you, the sea has to be like a mill pond for me too and although we experienced a short cruise trip many years ago to Legoland in Denmark when the children were young, I spent my time lying in the cabin but the cruise was worthwhile as Legoland was a great experience for all of us.]



Hello, Blackbird by Sarah Walters

By far the most common bird that I see in my garden is the blackbird. Of course, it is one of the easiest birds to identify so perhaps that is why I see it so often. The males in particular stand out with their

black feathers, orange beak and yellow ring around the eye. Females remain brown feathered and beaked. Their melodic song is also very distinctive, being one of the first to be heard on spring and summer mornings.

Blackbirds are a very successful species and can be found throughout the UK except on the very tops of the mountains in Scotland. Winter numbers are boosted further by Scandinavian migrants seeking somewhere a little milder to spend the season. They are not fussy about where they live and nest, which is perhaps a good reason for their success. They will live happily in gardens, woodland, farmland and grassland. They will build their nest in trees, shrubs, climbers (they particularly like ivy), buildings and they have even been known to nest on the ground. Because they are so unfussy, and fairly tame around humans, I have been privileged to see several blackbird nests.

When I was a teenager, my parents lived in a house that had a row of leylandii in the back garden. Blackbirds would nest in here every year, and would regard us with a beady eye whenever we went near to the chosen tree. This past summer, I came across one in next door's shrub that hangs over the fence into our garden – I wondered why there seemed to be such a regular commotion going on in there! Their nests tend to be traditionally

shaped if rather messy. They use whatever is to hand to build it, including grass, straw and twigs.



As well as being unfussy about where they live and nest, they are very successful parents. Each year, the female will lay 2 or 3 clutches of 3-5 eggs. These are incubated for two weeks and then the chicks fledge after just two weeks in the nest – sometimes sooner. The only problem that they

face is the chicks' inability to fly for the first week, leaving them vulnerable to their greatest predator, the domestic cat. They will also fall prey to large birds such as Sparrowhawks (unfortunately I have witnessed this phenomenon on my garden, leaving me with a mix of horror and awe at the spectacle). Proud Mrs Blackbird on the back fence.

When the blackbirds themselves go looking for food, they can be the bane of a gardener's life. Every year they drive me round the bend with their foraging instincts, although I love them really, I do shout at them a lot! The juveniles seem to be particularly naughty when it comes to pecking at my plants. Their favoured food is insects, worms and caterpillars and they will root through leaf litter and plant pots to find them, creating a mess on the patio and among the borders. It is quite entertaining to watch them move leaves out of the way with systematic picking though; and their head cocking movement, when they are listening for worms, is rather cute. In the height of summer, they will of course make a beeline for any berries that you attempt to grow.

The only way to keep them off is to net your fruit, but even then, they will create a fuss by attempting to get in, and if you don't do it properly, they are prone to trap themselves. I also resign myself to the loss of several apples each year as they enjoy perching in the tree and pecking holes out of them. I always leave the windfalls for them and throw my apple cores onto the lawn for them to finish off.

Their curiosity can also be annoying – every summer I have to rescue at least one blackbird that has managed to trap itself in the greenhouse. They can never seem to be able to retrace their steps and go back to the spot where they came in – instead they opt for blind panic, which one year resulted in a complete collapse of the shelving.

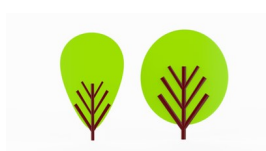
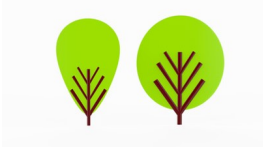
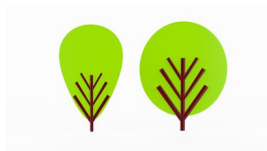
But I do encourage them by putting out mealworms so I can't complain too much. They practically seem to peck at the back door for these in a morning and then fight over them, which can be entertaining. Occasionally an especially brave blackbird will remain on the garden while the mealworms are put out rather than watching from a distance like the others; some of them don't seem to be that scared by us. I wonder if it is because they have come from a nest in the garden and are just used to us and our habits. Maybe they watch me as much as I watch them!

Occasionally we will be visited by a blackbird with some white feathers. This is quite common and is known as Partial Albinism. Unfortunately, it can make them more a distinctive target for predators.

I would normally end by listing things that you could do in your garden to attract blackbirds, but it seems they don't need any help! As long as you have a couple of shrubs, maybe a climber and plenty of bug life you will most likely see them in your

garden. Take time to notice and watch their antics though, and listen out for that song that heralds spring.

[Thank you Sarah, I enjoy bird stories and share your love of the blackbird. I have noticed particularly this year that the blackbird is around, flitting about in the garden as much as the robin. We have set up a camera in a strategic position facing towards the ground, mainly to see the hedgehogs but what it has picked up, on a regular basis, is the blackbird who is now courting! As we have had nests in the garden over the last two years, we look forward to more blackbirds to join the ever-growing family]



I dreamed.... by Joanne Gordon

Falling, falling, falling, my body stiffens waiting for impact and certain death, but I jerk awake and relief, I'm alive. Finding this dream hard to recover from, I'm shaken, though it's still early, I decide to get up.

Not all of us remember our dreams and even if we do, they are probably forgotten soon after we wake. Therefore, I resolved to create a dream diary for a couple of weeks, but it has also created lots of questions.

Why do we dream? Can meaning be placed on these dreams to understand our emotions in waking life and can we analyse them ourselves?

Why do we dream?

Michelle Drerup, PsyD, DBSM who is a behavioural sleep medicine expert admits this is difficult to answer. However, she does give one plausible explanation which is that we dream to consolidate and analyse memories, the dreams almost serve as a 'rehearsal' for various situations and challenges that we face in daily life.

According to Drerup most dreaming occurs during REM (rapid eye movement) sleep, which we enter periodically throughout the night. Various studies on sleep show that our brainwaves are almost as active during REM cycles as they are when we are awake. According to experts the brainstem generates REM sleep and the forebrain generates dreams.

There is still more to learn about the psychology behind dreams, one study concluded that dreams stem from the imagination <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2814941/>

featuring memories, abstract thoughts and wishes bedded deep within the brain. The study concludes

"Viewing dreams as a powerful form of imagination can help explain many of their unique features, such as sudden transitions, uncertainty about people and places, poor subsequent recall, disconnection from the environment, and offers testable predictions for future studies".

Experts also know that people with Post Traumatic Stress Disorder are prone to nightmares because they recur around the traumatic experience. However, more research is needed as many people without PTSD also experience such upsetting dreams we would describe as nightmares. Nevertheless, very often frightening dreams such as being chased or other scary situations are common when we are experiencing a period of stress or anxiety. The following is one of my dreams....

Myself and other women whom I didn't know, are taking part in a game, maybe a game show, and we had to enter a wardrobe, densely packed with thick coats



and the winner is the first one to find their way out. There is added pressure as someone else will enter after a period of time to chase us down and if they find us, our game is over. I keep parting the coats, stepping through, only to find more densely packed coats. I force them apart and step between them, but still more densely packed coats. The atmosphere is warm and stuffy and I am beginning to panic. As the feeling begins to well inside me – I wake up!

Why are dreams so strange?

Drerup writes for the Cleveland Clinic - "This may be to do with neurotransmitters, or brain chemicals. During REM sleep, some are more pronounced while others are suppressed. Acetylcholine (which maintains brain activation) is more prominent, as is dopamine (which some researchers link to hallucinations)." The dopamine may be the reason why dreams are often surreal.

What do dreams mean?

This, according to Drerup, is yet another mystery, particularly as

we can't remember our dreams or can't remember them accurately. There have been psychologists who have placed weight on the meaning of dreams, most notably Sigmund Freud and Carl Jung. "Freud thought dreams are repressed content, ideas or themes. Jung developed this theory calling it a 'collective unconscious'. It's something that you're carrying from your ancestors."

Interestingly enough, Dr. Drerup notes that researchers have found that people living in certain places might have similar night-time visions, although they aren't quite sure why. "There seems to be some cultural influence on dreams."

If you google dream interpretation on the internet there is a plethora of interpretations about what your dream may mean.

It seems to depend upon the context, what happens and has various interpretations,

some of them conflicting. For

example, according to one source, dreaming of fire can mean destruction or re-birth, it could be anger or passion.

I dreamed of fire. I am back at school and a fire has broken out. We have been taught the procedure and where to go to safety, but I can't remember it and I am alone. Some parts of the school I recognise but mostly this constructed school in my dream is unrecognisable. I have made a mistake and heading towards the flames. I have to turn back but the flames are close. This time I have made the right decision and find the school marshals directing students away from the blaze, relief floods over me and a friend helps as I'm breathless, from the shock, relief and anxiety.



Dreams about falling

I started with a dream about falling. However, if you experience this, according to Healthline, it may have little to do with your mind trying to interpret something and more to do with a hypnic jerk. This is something that affects 60 – 70 percent of people according to the article and certainly one I experience. Hypnic jerk is a sudden, involuntary muscle contraction which usually occurs as you fall asleep. On occasions I find these jerks reassuring particularly if I am having trouble with sleep; the onset of a jerk reassures me that I am about to fall asleep.

Sometimes, according to the article, there is an overlap between the hypnic jerk and the dream about falling. However, like other nightmares or horrible dreams they could be related to stress and the tips and techniques we have given in the past such as good sleep hygiene, a winding down routine and not using electronic devices in the bedroom or late at night, can help here too. (If you haven't got our booklet on sleep, please contact me on chesterfield.tinnitus@gmail.com) Of course we all have stressful periods and our dreams may reflect this.

Reflect on your own life

What most of the experts seem to agree on is that there isn't a one case fits all for interpreting your dreams, we are all unique, with different personalities and life experiences and thus it is agreed that you should interpret dreams by what they mean to you.

A 2003 study of 29 people who kept a journal about their day and their dreams, 65 percent of what happened in the dreams was influenced by what happened during the participants' waking hours.

A 2019 research review suggests that many parts of your life can show up in your dreams, including news events, religious beliefs, chronic pain, and even your mood throughout the day.

Reflecting on my own life

As some of you know, after 25 years of working for the Trade Union Safety Team and the Derbyshire Asbestos Support Team, I have decided to leave. It feels the right time but perhaps a little scary leaving behind the financial security I have experienced for most of my working life until now. Perhaps this is being reflected in my dreams.

Please remember if you are having trouble sleeping or frequent nightmares and struggling to deal with stress and anxiety, it is important to see your GP.



International Women's Day – 8th March

by Joanne Gordon

The social, economic, cultural and political achievements of women have been celebrated all over the world this month (March) for International Women's Day.

Our magazine features two articles which celebrate women. Firstly, the achievements of North Derbyshire WASPI (Women Against State Pension Inequality) for putting on a production about their campaign and everything they have achieved to date.

Secondly, we have a feature from Professor Deborah Hall, who

for many years has been involved with Tinnitus research. To celebrate International Women's Day, I got in touch with Professor Hall and she very kindly sent me the following for our magazine. Professor Hall had previously given a talk at our Support Group Conference a few years ago. Her write-up is an honest account about the difficulties involved in 'finding a cure' for tinnitus. It is also an opportunity to thank her for her work at the Institute of Hearing Research in Nottingham.

Professor Deborah Hall

**School of Social Sciences, Heriot-Watt University,
Edinburgh**



I graduated in Psychology in 1993, with the aspiration to become a clinical neuropsychologist. But life sometimes takes you in unexpected directions. After completing my PhD at the University of Birmingham with one of the UK's leading academic neuropsychologists, the late Professor Glyn Humphreys, I took up a position as research scientist at the Institute of Hearing Research in Nottingham, funded by the Medical Research Council. Hearing science wasn't my first passion. I was attracted to this job primarily as it offered an amazing opportunity to develop new skills in functional magnetic resonance imaging. In the mid 1990's this was a newly emerging technique – providing a novel and unique window into the human brain enabling scientists to “see the brain in action”. My role was to develop a new programme of research applying this technique to understand how the healthy human brain encodes sound information through interdisciplinary collaboration with scientists

at the Nobel prize-winning Sir Peter Mansfield Imaging Centre, University of Nottingham. I spent almost 13 years here establishing a world-leading reputation for auditory neuroscience.

Around 2008, Nottingham was awarded a substantial infrastructure grant from England's National Institute for Health Research – the research arm of the NHS – to establish a research unit focused on the early phase translation of developments in hearing science into clinical treatments and applications. I first joined as a Scientific Advisor, taking over as its Director in 2012. This partnership between the University of Nottingham and local NHS hospital provided both the impetus and the opportunity to shift the direction of my research towards something that could more directly benefit patients with hearing-related conditions.

My longstanding involvement with the British Tinnitus Association shaped my decision to establish a research team focused on tinnitus: its symptoms, its measurement, and its treatment. A close colleague once warned me that “moving into tinnitus research is career suicide” because it is such a difficult topic of study. But I've always been drawn to a challenge!

The holy grail for tinnitus researchers is to identify a drug therapy or medical device that is clinically effective in alleviating tinnitus. In the early days, I had collaborated with the Tinnitus Clinic to evaluate an early version of the Acoustic Coordinated Reset (CR®) Neuromodulation sound therapy. Results¹ did not lead to group-mean reductions on tinnitus symptom severity or other measures compared to placebo, or over time. The null findings were clearly disappointing, but our rigorous clinical trial design drew the attention of Autifony Therapeutics Ltd who were exploring clinical indications for a novel drug product AUT00063. This collaboration led to my involvement in the design and delivery of the QUIET-1 tinnitus trial which compared AUT00063 with a placebo in a robust, statistically-powered, multi-centre randomised controlled trial. Unfortunately, again results² did not lead to group-mean reductions on tinnitus symptom severity or other measures compared to placebo. These two industry-

academia partnerships illustrate how challenging and commercially risky is the business of treatment development.

However, this story does have a happy ending.... Over many recent years, I have served as Scientific Advisor to Neuromod Devices Ltd assisting the company to gather a substantial body of clinical trial evidence that have just led to their FDA approval³ of the first non-invasive device (Lenire) as an effective treatment for tinnitus. The decision by the US Food and Drug Administration further validates my decision 15 years ago to embark on research to find a safe and effective solution that provides relief for people with tinnitus.

Throughout my career, I've thrived on inter-disciplinary collaboration. I strongly believe that working with colleagues who bring different knowledge and expertise to a project helps that project to achieve more than would be possible if working alone. From physicists to audiologists and ENT consultants, these relationships have, and continue, to define my research work.

1. Hall DA, Pierzycki RH, Thomas H, Greenberg D, Sereda M, Hoare DJ. Systematic Evaluation of the T30 Neurostimulator Treatment for Tinnitus: A Double-Blind Randomised Placebo-Controlled Trial with Open-Label Extension. *Brain Sci.* 2022;12(3):317.
2. Hall DA, Ray J, Watson J, Sharman A, Hutchison J, Harris P, Daniel M, Millar B, Large CH. A balanced randomised placebo controlled blinded phase IIa multi-centre study to investigate the efficacy and safety of AUT00063 versus placebo in subjective tinnitus: The QUIET-1 trial. *Hear Res.* 2019;377:153-166.
3. <https://www.prnewswire.com/news-releases/fda-grants-lenire-tinnitus-treatment-device-de-novo-approval-301764412.html>



Play Review by Joanne Gordon ‘Stung’

‘Stung’ that is exactly what these women were. Born in the 1950s, they were expecting to retire at 60 years of age, but the government changed the goalposts, not once but twice. ‘Stung’ is also the name of the Community-based play bringing to the stage the stories of North Derbyshire Women affected by these changes.



The National campaign is known as WASPI – Women Against State Pension Inequality. The play explains how WASPI women have faced injustice. The message is clear, the campaigners are not against equalisation and equality, far from it. It is about the impact financially, socially and on their mental health of not being given the opportunity to know and plan for retirement.

In 1995 the government equalised state pension, but women born in the 1950s were always told that they would receive their State Pension at 60. Later, needing to save money, the government changed the state pension age for a second time to the age of 66 for both men and women. The women impacted in 1995 were affected once again! Furthermore, women born after 1953 were never even informed about the changes.

As late as 2022 The Parliamentary and Health Service Ombudsman concluded that there was "maladministration" in the way the Department for Work and Pensions handled complaints and failed to communicate changes to those women who would be affected by the government's decision. The campaign is ongoing as the fight for recompense continues.

Carole Copeland, in a video clip during the play, states that "Art is a fantastic way to communicate the important messages about the campaign" and it certainly was. What better way than to tell

real stories about the hardship caused by government failures. The play was poignant. One woman, five years younger than her husband, thought they would retire together; he had become ill and she was experiencing a vicious circle of 'caring, work, worry.' Another WASPI tells the audience that her friend is dying and will never see the pension she worked for.



Our very own Moira, affectionately called 'Mrs Hooter' in the play, enters the WASPI meeting blowing a bazooka ready to make noise about the injustice they have all experienced. It is all bravado, Mrs Hooter sneaks out of the meeting early, ashamed to say that at a time when she thought she would be financially secure is having to use the services of a food bank.

[Moira Holland, one of our group members, on the right]

The play is also uplifting, full of music, singing and laugh-out-loud moments as the women develop friendships, grow in confidence, join marches and meet Jeremy Corbyn.

What is more remarkable is that the play was a community workshop, the North Derbyshire WASPI community who came together and told their stories, which turned into a play written by Lynn Ludditt and directed by Carole Copeland. The WASPI women gave powerful performances, with realistic characterisation, we were educated, entertained, felt sad and inspired. There is now talk of the play being made into a film. There is no stopping them!

Thriller Pots by Joanne Gordon



What I need is a thriller, spillers and fillers. No not planning an adventure holiday but plants for my hanging baskets and pots.

Planting pots and hanging baskets can be very versatile, they can be changed depending on the seasons, add colour and can include annuals, patio plants or bedding plants as well as fruit and vegetables. Strawberries and 'tumbling toms' tomatoes can be your spillers.

Thrillers are your statement plants which can be placed in the middle, as I do in hanging baskets or towards the back in large pots which may be near a wall. I may use Geraniums or Fuchsias as thrillers in my hanging baskets, especially as I've managed to over-winter a number of plants.



Spillers as mentioned are those plants which tumble over the side of the container and add real interest especially in hanging baskets. I often use Ivy, Surfinias (Trailing Petunias), Lysimachia or Trailing Geraniums

Fillers are just as important and can be grouped around the pot. These of course could be herbs or even cut-and-come-again lettuce leaves. Flowers may include Marigolds, Bacopa or Violas.

When planning any container – you need of course to think of the container, size and your garden space. Pots can be a feast for the senses. In choosing plants look for different textures and shapes of flowers, for example, bell shaped fuchsias or open



petals good for pollinators. Think about foliage too which could be linear, oblong or elliptic (oval shaped).

In smaller pots or hanging baskets, my preference is for complementary

colours, purples, blues, pinks, but for a bit of excitement, add contrasting colours such as purple and yellow or blue and orange. Foliage too can come in a range of interesting colours such as Heuchera's in lime green, russet, bronze, purple or mauve (I have used Heuchera's in a half barrel).



Think of scents too, I usually add some Night-scented Stocks to my hanging baskets. Small flowers, the

stems can look a little wild but the fragrance is intoxicating on a warm summer's evening. Delicate Dianthus are pretty, with a beautiful scent, great fillers. If your container is an edible one, you can't beat the scents of Mint and Rosemary.

This year my plan is to make an edible pot and intend to use Rosemary (my thriller), Nasturtiums (spillers) the foliage and flowers are edible, as well as adding colour, basil (green and purple) and Sage (fillers). This pot may just have it all, enticing scents, different shapes, colour and edible too.



Helen Ruckledge MA, MMedSci, ANutr and an Associate Nutritionist gave a talk at our group meeting last October.

Helen provides fad-free, scientifically backed nutritional advice, within the constraints of real life. A qualified nutritionist with a Masters degree in Human Nutrition and a Masters degree in Psychology, she is registered with the Association for Nutrition and is the mother of four children. A freelance nutritionist and the Director of FadFree Nutrition.

In her talk, Helen gave us her 3 top tips for Eating Well

Tip 1: Eat a Rainbow

Benefits: Different-coloured plants are linked to higher levels of specific nutrients and health benefits. While eating more vegetables and fruit is always a good idea, focusing on eating a variety of colours will increase your intake of different nutrients to benefit various areas of your health and avoids nutritional deficiencies. It also supports the immune system and improves gut health.

**Tip 2: Include protein in every meal and snack
Meat, Fish, Eggs, Nuts and Seeds**

Benefits: Blood Sugar Control
Weight Management
Healthy Ageing

Meat, poultry, fish, dry beans, eggs, and nuts are important sources of protein, iron, zinc, and B vitamins. This group includes plant foods and animal foods. However, some meats and meat

products are high in fat.

Tip 3: Meal Planning

Benefits: Saves time and effort

Less chaos

More variety

Balanced diet over the week

Saves money

Batch cooking/leftovers

New recipes



Three Take-home Points:

Eat a wide variety of food, particularly fruit and vegetables

Eat some protein with every meal and snack

Plan meals and snacks

Contact: Helen 07768 194095

helen@fadfreenutrition.uk

www.fadfreenutrition.uk

Join Helen's Newsletter for **FREE recipes**, nutritional tips and discounts

Helping you to get a good night's sleep by Helen Ruckledge

Can we feed our sleep? Now that's a question I'm interested in! As a nutritionist who has suffered three decades of insomnia, I have researched this a lot. Unfortunately, I don't have a magic solution. Stay with me though, because although nutrition can't hope to cure an ingrained sleep disorder, there are certain dietary considerations which may help improve the quantity and/or quality of your sleep, particularly if your issues are not too severe, so read on!

As a nutritionist, it's outside my area of expertise to comment on herbal supplements for sleep, although I have tried many different herbal remedies myself. I am not sure whether they have helped me or not, I think it may be trial and error for the individual. Just a word of warning with experimenting with these - although herbal remedies seem 'gentle' and 'natural', they can interact with other medications, so always consult your doctor if you want to give them a try.

There is some evidence to suggest that certain nutritional factors promote better sleep. The most common ones in the research are melatonin, tryptophan and magnesium. These are frequently sold in supplement form, but the good news is, you can easily achieve sufficient intake of these by focusing on the food you eat. I would always recommend a "food first" approach if you can, there's no need to spend your pennies on expensive supplements.

Melatonin is a hormone that helps control your sleep cycle. It's sometimes prescribed by doctors for short term sleep issues, such as at times of stress. There are many anecdotal reports that it is a solution for some, but there are very mixed reports of its usefulness in the scientific literature. And beware, too much melatonin is thought to disrupt sleep. This may be a reason not to take it in supplement form, so if you want to try

increasing
your
melatonin,
focus on the

dietary sources, which
include eggs, fish, nuts,
milk and certain fruits like
cherries.



Tryptophan is an amino acid which helps make melatonin. It also helps make serotonin, which is the 'happy' chemical. Therefore, tryptophan is implicated in both mood and sleep. Again, research on this is in its infancy and it is far from proven whether consuming more foods containing tryptophan will help your sleep, but it may do. If you wish to experiment, dietary sources of tryptophan include tofu, leafy greens, sweet potato, nuts, milk, pumpkin seeds, mozzarella, soy beans, chicken, turkey and eggs. It's also known that eating carbohydrate foods at the same time as tryptophan can increase the availability of tryptophan in the brain. So, if you eat carbohydrate rich foods with tryptophan rich foods in the evening, it may help with sleep. Eggy bread for supper anyone?

Magnesium is a mineral, known to be associated with sleep. Some small studies have suggested that older adults that take a supplement of magnesium can fall asleep quicker than normal, and also people suffering with restless legs may wake up fewer times in the night. However, most of the UK population are not deficient in magnesium and very little evidence to suggest that



having high levels of magnesium will help, so supplementation is not usually necessary. If you want to ensure you are not deficient, eat plenty of dark green veg such as broccoli, nuts, legumes, wholegrains and fish such as salmon.

In terms of drinks, it's certainly best to avoid caffeine if you want to improve your sleep. Even quite early in the day it can still affect you later, at night. If you can't live without hot drinks (I know I can't), other options include decaffeinated tea and coffee, herbal teas or warm milky drinks, all of which can be comforting before bed, or indeed at any time!

Alcohol affects sleep too. There are studies which suggest that if you drink alcohol before bedtime, although you may fall asleep quicker, you may be more likely to wake up during the night and also wake up in the morning feeling less rested. If you are struggling with your sleep, have a look at your alcohol intake and consider taking a break from it to see if your sleep improves. There are very palatable zero percentage beers, wines, gins and prosecco's now, that taste much better than they did 20 years ago. Of course, there are also mocktails and other soft drinks such as fizzy water with a slice of lime which may hit the spot.



People frequently ask me about eating late in the evening and whether this affects sleep. Again, the research on this is not clear and may vary with the individual. Some people find that if they eat late, particularly spicy foods or rich foods, this stops them sleeping well as their body is trying to digest it. Others find that sugary foods before bed aren't good for sleep either, perhaps because they send your blood sugar unstable for the night. And remember, chocolate is a stimulant, it contains caffeine, so should be avoided later in the evening. Other people (like me!) feel they need to eat supper before bed, because if you are hungry in the night you might struggle to get to sleep or stay asleep. Everyone is different, there's no 'one size fits all' with this. You could try keeping a diary of what you've eaten later in the evening and how your sleep quality and quantity were. If you keep a log of it, you may notice some interesting patterns emerging, so you can work out what works for you.

The good news is that the nutrients thought to be associated with sleep are all in ample supply in a balanced, varied diet, so rather than focusing on individual foods, look to your diet as a whole. What is a balanced, varied diet? It's not rocket science. Eat loads of fruit and veg (especially veg) – aim for at least five



portions a day. Include carbohydrates such as rice, pasta, couscous, bread, potatoes with every meal if you can, and preferably the wholegrain versions. Include protein with every meal, such as lean meat (poultry), fish, eggs, pulses and nuts. Dairy or

fortified dairy alternatives are important to include regularly. Aim to eat saturated fat, high sugar, energy dense items only in moderation but there is no need to eliminate them completely. In terms of snacking, see snacks as a mindful opportunity for nutrients, rather than a mindless foray into the biscuit tin. You can include fruit and veg, wholegrain carbs and some protein in snacks which will keep your blood sugar steady and improve your wellbeing.

Enjoying your food and taking the stress out of eating by not aiming to be 'perfect' goes a long way to reducing anxiety, improving health and wellbeing. It's what you do most of the time that matters. If you generally eat a balanced, varied diet, you'll consume adequate quantities of melatonin, magnesium and tryptophan. If you're feeling good because you've eaten well, the greater the chance that your sleep will show up and join the party. [Google photos in this article]



Book Review by Joanne Gordon

Delicious, heart-warming read

Poetry and food are inextricably linked in the "Language of Food" by Annable Abbs.

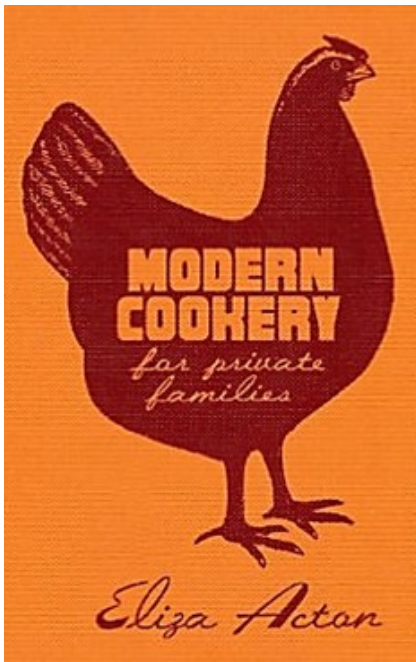


This is an intriguing story based on the real life of Eliza Acton and her kitchen help, Ann Kirby. Annabel has woven a believable and beguiling story around her research into Acton. You may not have heard of Eliza Acton despite being known as the first ‘modern’ cookery writer who published a bestseller in 1845 entitled the *“Modern Cookery, in All Its Branches: Reduced to A System of Easy Practice, For the Use of Private Families.”* It sold over 125,000 copies and even returned to print in 1966. [Book courtesy of google]

Eliza’s first love though was poetry. In this fictional telling of her story, Eliza has sent her poems to a publisher, who tells her “... poetry is not the business of a lady.” Suggesting she writes a cookery book. Certainly, at that time women poets published anonymously.

Despite not being a cook, this remarkable woman taught herself and meticulously tried and tested every recipe with Ann Kirby. Her recipes (known as a receipt at the time) are written with thought, observation and the care of a poet choosing words to convey a meaning.

Acton was the first writer to list the ingredients and not contain them in the body of the recipe making them easy to read and accessible. It has become known that Mrs Beeton, whom I am sure is more well-known, plagiarised many of the Eliza Acton recipes, but moved the ingredients to the start of the recipe, a format followed today.



[Photo google]

“The Language of Food’ is a delicious book. The story is told from the perspectives of Eliza and Ann alternating between the two voices, each chapter named a food which is later referred to in the body of the pages.

It is a heart-warming story of the friendship between mistress, Eliza Acton and her kitchen help, Ann Kirby. Both hold back a secret, though the reader is aware of Anne’s, Eliza’s only gradually

unfolds. It is also a historic account of attitudes and treatments of women, disabilities and mental illness in the 1800s.

Despite the friendship between Eliza and Ann, Ann leaves her employment where she had worked with Eliza for a decade working on the cookery book. The ending left me with a taste for wanting to know more about these two women.

Food and Poetry

During the story, Ann starts to think as if she was still writing one of her recipes. At our latest poetry session, I asked for members to write a poem starting with a recipe list. The poem was to write a recipe either for an emotional state such as love or happiness or an everyday activity like making a slice of toast.

My poem overleaf inspired by this story

Tea with a Friend

Ingredients

2 Tea bags

2 cups of water

Milk to taste

Sugar (if required)

Biscuit (optional)

Method

Put the teabags in the pot

Add water, nice and hot

Leave the tea to brew

Align the cups – two

How do you like your tea?

Dark, Strong – almost milk free

Or the other end of the scale?

Weak and milky – very pale?

Add milk to the cup – almost there

Pour in the tea, give it a stir

A cup of tea for you and one for a friend

Sit down, there are hearts to mend.

You will need:

Kettle

Teapot

2 cups

1 teaspoon



If you have any stories about food especially how food has brought people together, created social connections, one of the 5 ways to wellbeing, we would love to hear your stories. [Our cups of tea tasted special in the china tea set]



Baking with Be-Ro

Perhaps one of the most famous cookery books was Be-Ro with home recipes for all ages.

The Be-Ro story

Thomas Bell founded and ran a wholesale grocery in Newcastle in the 1880s. Among his top-selling brands were 'Bells Royal' baking powder and a self-raising flour. Following the death of Edward VII, it became illegal to use the Royal name. As a result, Bell decided to take the first couple of letters from each of the two words of the brand name and turn them into the more catchy sounding '**Be-Ro**'

Raising expectations

In the early 1920s, the most commonly used type of flour was plain flour. Self-raising flour was more expensive and considered a novelty

In a bid to make self-raising flour more popular among the general public, the company staged a series of exhibitions in the early 1920s where freshly baked scones, pastries and cakes were sold for a shilling to visitors. These were so popular that people demanded to have copies of the recipes so that they could bake the dishes at home. As a result, a free recipe book was produced and handed out at the exhibitions as well as door to door. (<https://www.be-ro.co.uk/>)

Our Be-Ro book

Mum had a couple editions of the Be-Ro book, a thin folded version as well as an A5 version; both were the Centenary Edition to mark 100 years of the company. This year 2023 marks the centenary of the first Be-Ro recipe book.



Mum's baking

As a child, delicious smells would waft through our house emanating from the kitchen, the enticing mouth-watering aroma of freshly baked food.

Steak and Kidney pies, bread, apple pies, cakes and buns, big chocolate cakes and tray bakes. Though you can imagine our crestfallen faces when the cakes turned out to be not for us to eat. Her baking was often sold at community events to help fund the local play group which Mum ran. “They literally sold like hot cakes.” she said

The only time we got to eat the cakes were when they were ‘failures’, the cake hadn’t risen properly, or had sunk in the middle. How we longed for failures. We were boisterous children and Dad whispered to us that if we jumped up and down next to the oven, the cake would fall in the middle. We tried this in earnest. There is an old wives’ tale that if you walk too heavily through the kitchen your cake could collapse. A little googling reveals that there is little truth in this tale, which I’m sure was to Mum’s relief.



Understanding your Strengths

by Audrey Carlin

“Strength comes from knowing yourself”

These are words that I have used so often when talking about my tinnitus journey and this is reflected in so many stories we have printed in our Wellbeing Magazine and continue to do so. Although when the going gets tough, we may doubt ourselves, as the journey unfolds, we begin to learn more about ourselves.

Learning about ourselves is so important as it helps us to make better decisions and to look at life from a different perspective – one of patience and understanding. Tinnitus is a subjective experience and we are all unique human beings



so will react in different ways. So too, our reactions to different challenges which could be potentially life-changing, will change the way we think and feel and undermine our sense of control.

Strength comes from taking the time to notice and acknowledge what we have achieved and paying attention to the small but significant steps we make along the way. When we are

too hard on ourselves, we don't give ourselves credit for positively moving forward.

Strength comes from within, having self-belief even when it's not easy because that belief, along with determination and commitment, will help us to get through.

Strength comes from surrounding ourselves with people who make us feel good. Allowing ourselves space to be mindful, to accept kindness, inspiration, motivation and being grateful.

Strength comes from collecting moments we are genuinely proud of and taking the time to truly recognise what we have accomplished in life, we should not overlook them. We get to use these strengths in countless ways and in other areas of our lives as much as we want or need to.

I have needed this strength over the past six months to help me and my family to get through a really tough time, one that is still ongoing, but I haven't been alone. My family have given an extra layer of strength needed to get through some dark days. Friends too have been amazing in so many ways. Telephone calls, cards, beautiful flowers, even yummy chocolate trifles, as well as Christmas Day delivered to our door by family – Christmas breakfast and Christmas dinner, all have lifted my spirits. Reading inspirational stories that you have written in our very own Wellbeing Magazine and reading through stories that have yet to be printed in the magazine, all have been so helpful.

A daily email from one of our members who was on a cruise over Christmas and New Year where she transported me to sunny climes which I really looked forward to receiving. So much kindness!

Although our inner strength built up over a lifetime of challenges which we all experience is so important, so too is the support of family and friends and for that I thank you all so very much.



Birdsong by Audrey Carlin



In a report by Charlotte Daly, of Country Living (October 2022) she reports that "Birdsong and bird sightings can have great benefits for mental health." Birdlife encounters could be prescribed by doctors to treat mental health conditions.

A new research study has highlighted the mental health benefits of everyday encounters with birdlife, claiming those that hear or see birds are "significantly" happier than those that don't. The study, published in the journal "Scientific Reports" said the results of their experiment were notable and that the benefits of birdlife on mental wellbeing were "above and beyond the well-established effect of green spaces."

The report claims that everyday exposure to birdlife could be prescribed by doctors to help treat mental health conditions. They found that those who encountered birds regularly recorded higher mental wellbeing scores.

The study tracked 1,292 participants over a two-week period. They monitored their everyday encounters with birds via a smartphone App called "Urban Mind". The participants, from the UK, Europe, the US, China and Australia, were prompted at random intervals to record how they were feeling. The researchers found that participants' average mental wellbeing scores increased when they saw or heard birds. This was evident in both people with depression and people without a mental health condition.

The research states that the beneficial effect on mental wellbeing is still significant after the encounter with birds has taken place, with higher levels of mental wellbeing noted by participants who did not see or hear birds the next time they recorded their mood. Andrea Mechelli, Professor of early intervention in mental health at King's College London, said: "We need to create and support environments, particularly urban environments, where bird life is a constant feature. To have a healthy population of birds, you also need plants, you also need trees. We need to nurture the whole ecosystem within our cities."

Mechelli went on to speak about the impact bird noises can have on those who have been diagnosed with depression. He admitted everyday exposure to birdlife could be more beneficial than prescribing exercise. He said: "We know exercise makes everyone feel better. But it's incredibly challenging to motivate someone with depression to exercise, whereas contact with bird life is something that, perhaps, is feasible."

I wholeheartedly agree with this report. Over the last six months, birds have been very important for me and, not only do I regularly watch them at the bird table but I go to the door (when it's not possible to go down the garden) and listen to the blackbird and robin as they sing, very often this has been early evening, before dusk and especially after a sunny day. I am looking forward to the family of blackbirds and robins increasing in and around our garden so I can enjoy their beautiful tuneful songs.

Poems by Sarah Richards

Sarah attends our Online Poetry Group which Joanne has run since lockdown (2020). We were contacted by Derbyshire Voluntary Action (DVA) back in 2020 who asked if we would run an online poetry group as they knew, at the time, that we had a face-to-face poetry group, run by Sarah Walters which had to be postponed due to the pandemic. We haven't been able to resume the face-to-face group as yet but we still continue the online poetry group. After each meeting, Joanne gives us some homework to do, if we wish, based on a theme and we all diligently do our homework. Here are two of Sarah's poems, the first of which is to do with **"Senses"** that make us happy, something we have so often talked and written about. The second is a poem about **"Spring"**.

All the photographs are from Sarah's personal collection with an explanation of where each photo was taken. **"Sound"** – *Robin in Holmebrook Valley Park*; **"Sight"** – *The Maldives – tropical bird in sunset*; **"Smell"** – *Still life taken at home – Freesia*; **"Touch"** – *black and white cat – The Azores*; **"Taste"** *Still life – taken at home – making a brew.*

Sarah's second poem **"Spring" – The Outing** – *the first photograph is Holmebrook Valley Park and the second one Sarah took at Bakewell – dog drinking from the river.*

"Senses"

5 verses, 4 lines each on each of the senses that make us happy:

Sound / Sight / Smell / Touch / Taste

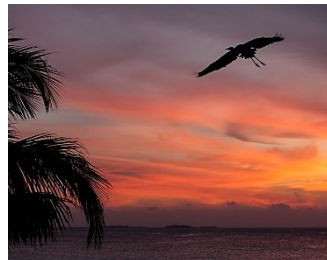


Sound

Early morning the birds are singing
Perched in the bushes or in the sky winging
Cheerful music fills my ears
Dispelling all those night-time fears.

Sight

As the sun sets low at the end of the day
The clouds turn pink as their edges do fray
A heron flies past on the eddies of breeze
A dark silhouette as it lands in the trees.



Smell

Buds still closed tight when newly bought
Freesias in water no perfume I thought.
Blooms open up, in the breeze do dance
I close my eyes and absorb their fragrance

Touch

My hand strokes the short, silky soft black fur
The kitten beneath my fingers does purr
He rolls on his back, I tickle his tummy
Then he nips my fingers – well that's not funny.



Taste

First drink in the morning it has to be tea
A freshly brewed pot, just for one, that's me.
So refreshing it tastes with a dash of milk
It slips down my throat as if it were silk.

“Spring”

The Outing – a Monorhyme

Now that we approach the spring
My mood is raised, I want to sing.
The birds are flying on the wing
The bees are out I hear them buzzing.



But I am bored, must do something
I select a dress and choose my bling.
I'll venture out it's time for a fling,
Around my shoulders my coat I sling.

I open the door but what am I thinking?
The countryside beckons, I'll do some walking.
Across the fields my feet aren't dragging
Walkers are out their dog's tails wagging.



I'm glad I came, the walk worth doing,
My feet are tired but my heart's rejoicing.

[Thank you Sarah for sharing your poems with us and I know you have got many more so look forward to sharing those with our members]

If you would like to join our Online Poetry Group we will be meeting monthly on a Tuesday afternoon from 11th April 2023 at 2.30 pm. You really don't need any experience of writing poetry but it is therapeutic and enjoyable and you will be surprised how you will soon be able to write a poem. It doesn't matter if they don't rhyme, the importance is that it helps you to be creative, mindful and enable you to get your thoughts and feelings on paper. If you wish to join us, please contact Joanne on 078212 132234 or email: chesterfieldtinnitus@gmail.com

Sarah's Daffodil by Audrey Carlin



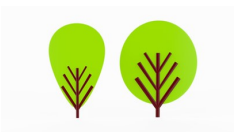
Some years ago, Sarah (Walters) gave me a postcard on which she had embroidered a daffodil. Its simplicity makes it exquisite and it's so dainty and delicate....and, of course, everlasting, memorable of a moment in time and 'appropriate'. I have it on view all the time and thought it would be nice

to mention daffodils using "Sarah's daffodil".

The moral of Daffodils – “that even when you are by yourself and lonely and missing your friends, you can use your imagination to find new friends in the world around you”.

What great principle did the Daffodil garden teach?

“The principle is one of the greatest principles of celebration – *learning to move toward our goals and desires one step at a time - often just one baby-step at a time – learning to love the doing, learning to use the accumulation of time.*” Thank you Sarah for your beautiful Daffodil.



Internal Weather Forecast by Joanne Gordon

How are you feeling? How are you really feeling, it's often hard to describe our feelings and emotions.

Ruby Wax, American-British actress, comedian and mental health campaigner, established 'Frazzled Café's' in 2017. At these meetings, people check-in with their feelings in terms of describing them like a weather forecast. This should be easy as we are obsessed with the weather especially if we are going to be outside during the day or evening.

I certainly think of anxiety in terms of a weather forecast. It feels like a really blustery day, experienced in the pit of my stomach. Anxiety may be felt in other parts of the body, but for me it is the stomach, the wind whips and twirls around debris (my thoughts and feelings) until I feel nauseous. The wind may be accompanied by rain. Just as the rain is good for our gardens, according to Harvard Health, crying is good for us.



Medical benefits of crying have been known as far back as the Classical era. Thinkers and physicians of ancient Greece and Rome posited that tears work like a purgative, draining off and purifying us. Today's psychological thought largely concurs,

emphasising the role of crying as a mechanism that allows us to release stress and emotional pain. Crying is an important safety valve, largely because keeping difficult feelings inside - what psychologists call 'repressive coping' - can be bad for our health.

Studies have linked repressive coping with a less resilient immune system, cardiovascular disease, and hypertension, as well as with mental health conditions including stress, anxiety and depression

Similar to the weather, my rain forecast may be different, thundery (anger), light silent rain (sadness) or torrential (feelings of helplessness or despair). Although the rain does pass, the skies may remain grey but white fluffy clouds may appear with blue skies and intermittent sunshine, especially if someone says something to bring a smile to my face.

Feeling under the weather

It isn't new to describe feeling unwell in terms of the weather. Stress and anxiety manifest as physical symptoms. If feeling ill we describe ourselves as feeling under the weather, which means feeling worse than usual. The phrase is a nautical term from the days of old sailing ships. Any sailor feeling ill would be sent below deck to protect from the weather. (Being below deck the sailor would literally be under the weather). [Source internet Grammar Monster]

We can't control the weather and to a large extent our emotions, but unlike the weather we can take time for ourselves and do more of the things that help the sun stay out for longer.



Support Group Workshop

Free Breakfast meeting

Tinnitus, perception and emotions

Understanding our reactions to Tinnitus

Tuesday 25th April 2023 10.00am—12 noon

At the **Badger of Brockwell**, 81 Brockwell Lane,
Chesterfield S40 4ED

Light refreshments, tea and coffee available

**To book please contact Joanne on 07821 132234 or
email chesterfieldtinnitus@gmail.com or use form
on the back. Please note new address**





Soup and Social

Tuesday 16th May 2023 11am

**At The Badger, 81 Brockwell Lane.
Chesterfield S40 4ED**

**Illustrated talk by Sarah Richards “Photologue
of Travels”**

During Lockdown in 2020 and throughout 2021 Sarah brightened our Facebook page by adding a daily photograph from her travels. Sarah will entertain us by giving us a colourful display of some of her travel photographs accompanied by an interesting talk.

Lunch will be served with a choice of sandwiches. Choices are: Egg or Cheese or Ham on WHITE or BROWN Bread This will be accompanied by a mug of vegetable soup which is suitable for vegans, vegetarians and gluten free diet and home made chips Tea or coffee

Cost of the meal is £7.50 each. Payment: We will require you to pay on arrival please

We welcome raffle prizes

**To book please contact Joanne on 07821 132234 or
email chesterfieldtinnitus@gmail.com or use the
form on the back**

Breakfast workshop and Soup and Social Booking Form

25th April—Breakfast meeting - Tinnitus perception and emotions— please let us know by 18th April 2023

Soup and Social Tuesday 16th May 2023—please let us know by 9th May 2023

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FORM FOR THOSE RETURNING BY POST

Meetings attending (please state)

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Name.....

Mobile/Landline No.

Email.....

Name of person attending with you (if appropriate)

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Special Dietary Requirements

If attending the Soup and Social please state choice of sandwiches

PLEASE NOTE: If you book and then are unable to attend – please inform us AT LEAST 48 hours beforehand so we can inform the Badger.

Please return the form on the next page to: Joanne Gordon, Chesterfield & North Derbyshire Tinnitus Support Group, PO Box 833, Chesterfield, S40 9RU Or email: chesterfieldtinnitus@gmail.com