



**CHESTERFIELD & NORTH DERBYSHIRE**

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# Wellbeing Magazine



**Lockdown Compilation by Sarah Richards**



**@tinnitusbuzzwords**



**@TinnitusSupport**

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# My Lockdown Photologue by Sarah Richards

When Lockdown was announced on 23<sup>rd</sup> March 2020 I decided to post a photo each day for my Facebook friends – I had no inkling that I would end up posting 273 photos in all.

Selecting the photos was a challenge. Initially I decided just flowers would suffice. That was soon extended to Fauna to give variety and to give me more choice. This is *Cosmos Bipinnatus*.



As the lockdowns continued I expanded further with “Places” and, after that, a short spell of “Festive Extras” over the Christmas of 2020. We had a reprieve from staying at home, but the holiday period was never going to be normal. The final selection was “This and That” with the last photo posted on 28<sup>th</sup> March 2021 and a final compilation of all photos on 29<sup>th</sup> March.

As some of you know I love travel and photography so, for a selection of my Lockdown photos, I am starting in England and will then take you around the world.

At Canary Wharf, London, these paper boats are unaffected by tides as they gently bob up and down. Developed by Aether and Hemera, an art studio, it was said that their shape, form and luminescence could be influenced by a mobile phone app.



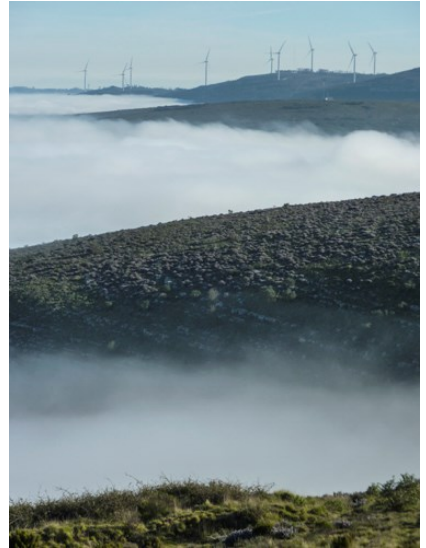




A case of right place, right time – items of swimwear were encased in ice blocks – part of an advertising campaign for Fort Lauderdale in Florida. Although the photo was taken in January the next day the bikini would probably have been in a pool of water.

Off to Europe and Central Portugal. Early morning mist rises over the natural park

of Serras de Aire e Candeeiros, just outside Alcobaça.



Portugal is well known for its artwork. Some would call it graffiti, but the work at Coimbra B Railway Station is very detailed.





Passing this church, in Corfu Old Town, and seeing the bees was a must for a photo.

The Church of Virgin Mary of Tenedos was built in the 15<sup>th</sup> Century by the Catholic monks of Tenedos Island in the Aegean which they left when invaded by the Turks.



A splash of overhead colour at an outside café in Limassol, Cyprus: a lovely way to stay in the shade.

In 2011 we visited Egypt taking a river cruise down the Nile from Cairo to Aswan. Sadly, for the country, there was unrest in Egypt which meant that there were few tourists around (tourism being one of the major sources of income) however it was a blessing for photographers.





Pyramids at Giza outside Cairo.

Sailing gently down the Nile we reached The Old Cataract Hotel in Aswan. It was opened in 1899 and is where Agatha Christie

wrote *Death on the Nile*. The book was published in 1937 and the hotel featured in the film of 1978.

The Great temple of Ramses II, dedicated to the sun gods Amon-Re, Ptah and



Re-Horakhte at Abu Simbel was moved in the 1960s when the Aswan High Dam was built. The colossal statues of Ramesses II date back to the 13th Century BC and sit at the entrance. The dam provides controlled irrigation & hydroelectricity.





Travel southwards along the west coast of Africa and you reach Sossusvlei in Namibia. The name translates to “dead-end marsh”. Where the dunes join and prevent the flowing of the river Tsauchab. The dunes are

some of the highest in the world reaching nearly 1300 feet. Very occasionally heavy rainfall fills the pan. When it does it can hold the water for a year.

Many people climb the dunes, but it wasn't for me. It took Robin 2 days to get rid of the red sand that got everywhere.



We were camping and made the mistake of opening a vent in the tent roof – and were instantly covered in red. And as for trying to wash my long hair – well nightmare!

We leave Africa and cross the Indian Ocean to Asia.



For my 60<sup>th</sup> birthday we took a trip to Sri Lanka with my siblings. The wildlife was wonderful including this Green Bee-Eater.

Spending a morning in the Botanical Gardens in Kandy we met a couple on their wedding day. The groom's traditional outfit has thick twisted gold and silver thread on a velvet jacket with large puffed shoulders. His four cornered hat is topped with a small crown in the form of a tree.



The couple were happy to let me take a photo of their attire and their rings.



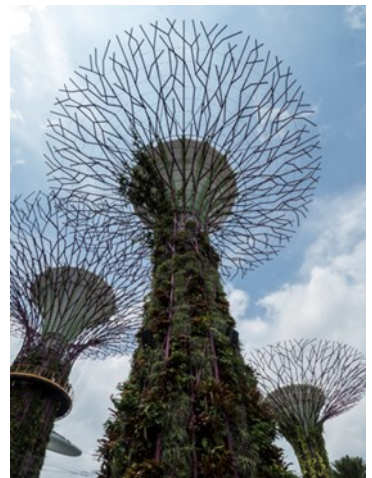




The Temple of the Tooth, Kandy, is one of the most sacred of Buddhist shrines. It is said to hold the tooth of Buddha, brought to Sri Lanka in the 4<sup>th</sup> century AD. But the temple dates back to 1603. This is the New Shrine Room with a frieze of golden elephants.

Continuing east to Singapore the Gardens by the Bay are reached. The

trunks of these metal trees are covered in foliage and at night the trees are lit up providing a magical



light show. Nearby is the Marina Bay Sands Hotel. Three tall towers, 57 storeys high, are linked by the Sky Park Observation deck, around 370 yards long.



The hotel boasts the world's largest rooftop infinity pool. The observation deck was featured as the last meeting point in BBC's *Race Across the World*, series one.



No visit to Singapore is complete without sampling a Singapore Sling cocktail at the Long Bar at Raffles hotel in the heart of the business district. A bag of peanuts is provided on each table for people to shell and munch while supping the gin based drink. Customers are encouraged to throw the peanut husks onto the floor – this in a city renowned for its cleanliness.

In 1992 chewing gum was made illegal, however in 2004 the law was revised to allow tourists in-transit,

West Malaysians, and the chewing of gum for research.

In the late 1980s I visited the small town of Kurunda in Queensland, Australia. One of the highlights of the visit was finding an exotic lily growing at the small railway station. I looked it up when I got home to England – it was a glory lily “*Gloriosa superba* 'Rothschildiana'”. Sadly on our recent visit to Kurunda the flowers were gone. But the town itself was overwhelmed with quirky artwork, for example a bin with a mouse peeking out of the side.





Across the Pacific Ocean we reach Cuba, the largest island in the Caribbean. The Beatles music was banned in Cuba in the 60s and 70s. Twenty years after his death Lennon was

considered, by Castro, to be a hero.



This statue by José Villa Soberón was unveiled on December 8th 2000, in a park with his name: Parque John Lennon in Havana. It was twenty years exactly after he was shot by Mark David Chapman. His glasses have

been vandalised and stolen many times, so we were lucky to find he was sporting a pair when we visited in 2004.





Ernest Hemmingway made his home in San Francisco de Paula on a hilltop nine miles from Havana.

There you can see his boat "Pilar" (his nickname for his wife Pauline) and typewriter – which he probably used to write *The Old Man and the Sea*. The novella was published

in 1952 and won the Pulitzer Prize for fiction in 1953.

Bob Marley was born in a small town called Nine Mile village in Jamaica. He was brought up in the little house which is now a museum.

Visitors can place their heads on a brightly coloured stone,



his "rock pillow", in the courtyard where he lay for creative inspiration.

Or, should they wish, they can buy a spliff (a cannabis cigarette) from one of the enterprising locals who display their wares under the gate.



The image here shows the lower part of a brown metal gate. The locals hold their spliffs in between their fingers which they poke up under the lower edge

of the gate hoping they will find a buyer.

Crossing the Atlantic and lying about 1,000 miles west of Europe are the Portuguese islands of The Azores. It is a handy stopping place for ships and boats.



The walkways around the Port of Horta, on island of Faial, were built in 1876. They are decorated by paintings left by ships and yachts as they moor in the marina. Tradition says if the sailors leave a painting on the walls they will reach their destination safely.



Some of the paintings are very detailed and artistic.

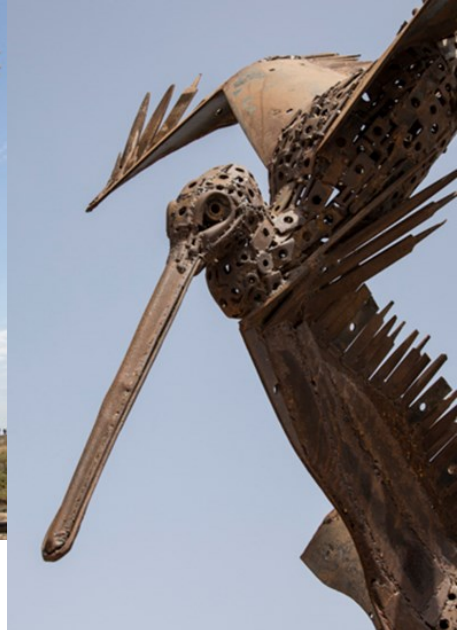




Closer to home are the Canary Islands. Although very windy the island of Fuerteventura is a lovely place to visit. The Coastal Promenade, Morro del Jable, along the sea front at Jandia is a Mecca for sculpture lovers.



Some artworks are made from re-cycled metal and range from human figures to wildlife.







Across Europe to Norway where we were lucky to win a weekend break in Oslo in a raffle. It is the home to the original artwork *The Scream* by Edvard Munch.

In contrast *Moonrise East* by Ugo Rondinone was spotted near the Astrup Fearnley Museum of Modern Art by the waterside. It is large at eight to nine feet tall.

While we were wandering around the waterfront six helicopters passed overhead, in an almost straight line.

The first polar exploration ship built in Norway was The Fram, used when Roald Amundsen sailed to Antarctica in 1910. He beat Robert Falcon Scott to the South Pole by reaching the pole on December 14<sup>th</sup> 1911. Scott arrived on January 18<sup>th</sup> 1912. The Fram is now in the Fram Museum at Bygdøyenes.

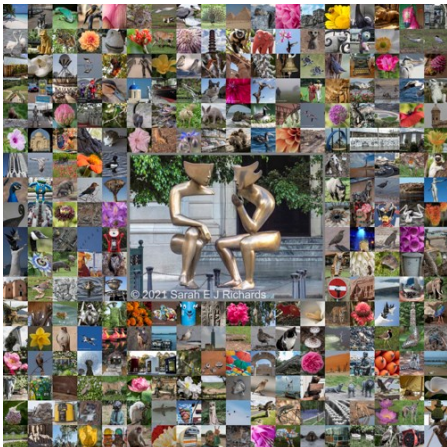




In the centre of Oslo we came across three public toilets – which were curiously named: Fraternité, Égalité, Liberté (Fraternity Equality and Liberty) – the national motto of France.



And finally returning to England and the nearby Holmebrook Valley Country Park where I spotted a nuthatch moving up and down the trunks of trees searching for grubs. They can be aggressive to other birds and I have seen them muscle in on the blue tits feeding on the bird feeders.



Following the final day of Lockdown I posted a composite photo of all 273 images.

The central image was taken in Cuba in the Plaza San Francisco de Asís in Havana. It is a bronze statue, of two “cut out” figures. .



Called *La Conversación* it is by the French artist Étienne, born in 1952. It represents the need for dialogue in modern day society. To me the image symbolised our freedom to meet with others.

If you would like to see more of my images do check out my website:

[www.artworksby sarah.co.uk](http://www.artworksby sarah.co.uk)

Photos © Sarah E J Richards

Thank you so much Sarah for taking us on this amazing journey, visiting places that some of us may never see. Laying your head on Bob Marley's "rock pillow" did really work for you with creative inspiration, as we can see from this wonderful lockdown photologue



## **Viyella** by Sarah Walters

As many of you will know, I collect Sylko cotton reels and research the history of Sylko and the Dewhurst company. Towards the end of Sylko's existence, the name was taken over by Coats Viyella and so I have been off on a tangent, looking into the history of the Viyella brand name. It brought me closer to home than I imagined it would.



CHOOSE the fabrics that

*Schiaparelli* has chosen for her latest models

★ ★ ★



Not often can you find in the shops the fabrics the great Parisian dress-designers choose. Yet this season Schiaparelli, greatest designer of them all, is creating models for her Collections and for her Paris Sportshop in 'Viyella' Thirty-six Fashion Fabrics. She has chosen them for their quietly thoroughbred style—their air of youth.

• And now these fabrics are in all the shops. Well-dressed women everywhere are choosing them for dresses, suits, sportswear, blouses. Ask to see them at your usual Store. Make up your mind to have a really lovely outfit this year.

Lovely, but practical. For 'Viyella' makes up so well and is wonderful in wear. Hangs well, never 'sits out.' Washes endlessly without shrinking, fading, or stretching.

'VIYELLA' THIRTY-SIX, styled by Schiaparelli, in Blouse and Frock weight. Wonderful range of new patterns. Herringbone weaves in the plain shades. 36", 4/11 yd.

'VIYELLA' THIRTY-SIX—Heavier weight for Tailored Suits and Dresses, styled by Schiaparelli. Designs of entirely new character. 36", 5/11 yd.

★ If you would like to see specimen patterns before going to your shop, send a postcard to William Hollins & Co. Ltd., Dept. F.78, Viyella House, Nottingham.



Madame Schiaparelli of Paris and London, foremost dress-designer of Europe. The models Schiaparelli shows in her Collections guide and influence the whole world of fashion.

CHOOSE

**'Viyella'**  
THIRTY-SIX

One of Schiaparelli's latest 'Viyella' models. Notice the slimming line; how well 'Viyella' tailors.

FASHION FABRICS

VIYELLA HOUSE PRODUCTS  WILLIAM HOLLINS & CO. LTD., VIYELLA HOUSE, NOTTINGHAM

The company that was to become known as Viyella was first established in the 1700s by the Hollins family, who were in the Nottingham hosiery business. As their business progressed they wanted to establish a cotton spinning mill, and the location that they chose for this was Pleasley, on the Derbyshire/ Nottinghamshire border. This was the part that surprised and intrigued me - living in Bolsover I

have known about Pleasley Mills for many years but never knew about the connection to Viyella and so in a roundabout way my beloved Sylkos!

I'm not a native of Bolsover so I have only ever known the mills as a complex of offices and small businesses. There is also a childrens' watersports facility that I took my daughter to with the Brownies - but on these visits I never saw any explanatory boards or anything to give away the history of the site to the untrained eye. Casual visitors to the mills are discouraged by road barriers and security.

*With the compliments of  
William Hollins and Company Limited*

★

*Virgolia House  
Nottingham*

The mill complex that you can see today was built in the mid 19th century, although Hollins had been working there since the late 18th century. As seems to be the case with

many cotton mills, fires destroyed some of the original building work. The combination of wooden beams and built up cotton waste never worked out well.

While reading about Pleasley Mills, I also saw some information about Langwith Mill. If you have ever travelled along the road from Nether Langwith to Cuckney you might have noticed a tall

derelict building set back from the road. This was also a cotton mill and belonged to the Hollins family. I have often passed it on my way to Sherwood and Clumber and wondered what the empty shell used to be



*By courtesy of J. C. Hollins, Esq.*

PLEASLEY LOWER MILL ON FIRE, 1844

*The picture is unsigned; it is understood to have been painted by a Nottingham artist who was staying with William Hollins when the fire occurred*

and why nothing was done with it. Now I know that it is a ghostly testament to a lost industry for this part of the world.



The Hollins company continued to grow and swallow up other businesses in the East Midlands and Glasgow areas. One of these businesses was the mill at Via Gellia near Cromford, which was bought out in 1890. According to the official history of the Hollins company, published in 1949:

*"The Via Gellia is a road running through a valley in the neighbourhood of Cromford...It was made in the early part of the last century by one of the Gells (the local landlords), whose classical fancy in the choice of a name has ever since been cheerfully accepted by the local inhabitants as 'Vi Jella'."*

A cotton mill was built there on the loss of the local lead mining industry in the mid 19th century, but successive owners had failed to make it pay. After Hollins had taken over Via Gellia, they began to expand their output. Previously concentrating on spinning yarns for hosiery, they decided to begin weaving some of that yarn into cloth. This began in a small way with woven facings for the underwear produced by the hosiers that they supplied. In 1893, expansion of cloth production was approved by the ambitious board and this cloth was given the name Viyella - directly inspired by the local pronunciation of Via Gellia.





VIYELLA HOUSE, NOTTINGHAM, 1948

As the 20th century progressed, Viyella became a household name and was widely advertised in newspapers and magazines. It was even used in army uniforms for the Boer War. The next step was ready made clothing and the company employed small firms to make shirts and nightwear for men on their behalf. These products and the brand became so popular that after World War One a site was purchased on Castle Boulevard in Nottingham for a Viyella factory. This was to become the head office for the company and the

beautiful Art Deco building, completed in 1933 is testament to their success and confidence at that time.

Towards the end of the 20th century, textile and clothing production increasingly moved abroad and the UK cotton spinning and garment production industry has all but died out. Companies that were once household names in their own right amalgamated and got eaten up. Dewhursts, Viyella, Coats, Tootal - all combined to become stronger however they were fighting the inevitable. But still, the history of that lost industry is

all around us now, if we know where to look.

*Thank you Sarah. It's great to read stories from the past that will bring back memories to many people about how things used to be and how much industry we had in our country and how self-sufficient we were. **We hope our readers may have their own stories to add to this. If you didn't work in the factories yourself, many will know someone who did, so hopefully we can continue the theme with real-life stories***



## **“Dancing in the Rain” Poem by David Walker**

Woke up this morning half asleep  
With all my blankets in a heap  
Looking out of my window, couldn't believe what I saw  
Birds dancing on the lawn in the pouring rain

A Jackdaw and a Robin doing the Bossa Nova  
A Thrush and a Starling the rock 'n roll  
Sparrow and a Pigeon moving to the Paso Doble  
A Rook and a Bluetit bopping to the Charleston

An Eagle swooped down  
Didn't want to miss the party  
Hi Babe! said a smooth-talking Blackbird  
To a young Turtle Dove  
Would you like to dance?  
Sorry I can't she replied  
C'mon I'll show you how  
She was off like a rocket



A pair of Crows smooching

A Raven and a Moorhen doing the American Smooth

So, it went on as the sun moved down

Dancing in the rain, just dancing in the rain

What a glorious feeling, we're happy again

Let Dave put on your red shoes and dance the blues

Said a Buzzard to a Wren

A line of Seagulls doing the locomotion

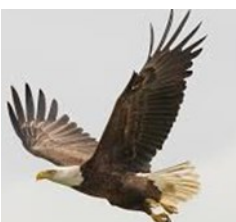
Heron and a Sparrow Hawk the quick step

Hearing the commotion

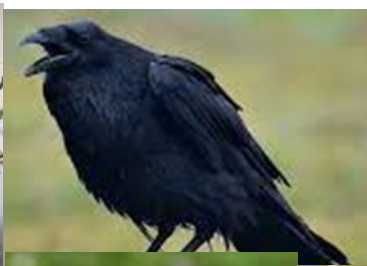
A lone Swift swooped down

Chirping "Hey doll"

"Save the last dance for me!"







These are the birds in David's poem.

[Unsplash free images/Audrey's images]



We met David in 2018 when we held our Poetry Buzz in Chesterfield and he came along to join us. Although a relatively small group, led by Sarah Walters, it was lovely to meet up and write poems together with prompts from items Sarah brought along to give us inspiration. Then Covid struck and the group closed, resuming for a short period of time in 2022 to complete the course. During lockdown, this is when the Online Poetry Group started, led by Joanne, again a relatively small group which also enables those members to join in who live too far away to attend meetings or who have internet access. Joanne also provides prompts to inspire us. This group is still ongoing if anyone wishes to join us.

It was obvious from the outset that David had a flair for poetry and this became apparent once we knew he had a keen interest in music, having played the drums in two groups and written hundreds of songs. He also played cricket for various local sides for 25 years and enjoys the theatre, history and walking, having joined us prior to Covid on our wellbeing walks. David wrote his colourful poem whilst a member of our Poetry Buzz. Thank you David for your lovely poem.



## **Fun in the Village Hall by Audrey Carlin**

Sarah's story about Village Halls in our May/June magazine prompted me to ask my sister-in-law, Shirley, if she had any history of our village hall. It has been there all mine and Shirley's lives and in our younger days provided entertainment in the village.

At that time, we were a mining community and it was the Miners' Welfare Hall which was central to village life. When I was about 10 years old, I started going to the dances, where we would learn (by watching others) how to waltz, quickstep, square tango (which I loved), the Palais Glide (another of my favourites) and, of course, enter the 50s and 60s – rock 'n roll and jiving.

The Palais Glide which is an English sequence dance performed in lines of couples – an early, swing-era “line dance” of sorts (that's how google refers to it.)



Plays were also performed on the stage and I remember going with my Auntie to plays when I was very young. However, it was rather embarrassing for me; our seats were always on the front row but she became so involved with the play that she forgot she was part of the audience and not participating in the play, hence my embarrassment when she became vocal. No one seemed to mind though, she was a regular and a bit eccentric!

We had our school Christmas parties in the village hall too. I remember going along with my plate, dish, cup and spoon (suitably labelled with my name). It felt such a responsibility to me as I was worried that I may lose them. But the parties were good although I didn't always enjoy the party games, especially when one boy in particular had to choose a girl to kiss, and much to my embarrassment, he chose me. The kiss came at the end of a piece of string that you had to take between your teeth until your lips met. I think he chose me because we used to fly our kites together on the cricket field. However, his was a big box kite and superior to mine which was made of cane and either newspaper or brown paper with screwed-up pieces of newspaper to make the tailings. Very special to me though as my dad made it and I helped to do the tailings.

We also performed "Robin Hood" on stage in the Village Hall. It was a big cast with older girls who were in their teens and the younger ones, like myself, aged 6 years. My cousin, Mary, who was older than me, and myself sang a duet "Two Little Girls in Blue" and we also danced on stage. We were told afterwards that some ladies in the audience shed tears when we sang "Two Little Girls in Blue". I didn't understand why at the time but the lyrics obviously held some significance to those ladies and of course it was only 3 years after the Second World War had ended and a typical Music Hall song of its time.





[Photo of the cast of Robin Hood]

Here are the words to the song, written by Arthur Francis.

### **“Two Little Girls In Blue” lyrics**



An old man gazed  
on a photograph,  
in the locket he'd  
worn for years;  
His nephew then  
asked him the  
reason why that  
picture had cost  
him tears.  
"Come listen," he  
said, "I will tell  
you, my lad, a  
story that's  
strange but true;  
Your Father and I,  
at the school one  
day, met two little

girls in blue. [Me first left, my cousin, Mary, next to me]

## Chorus

Two little girls in blue, lad,  
two little girls in blue,  
They were sisters, we were brothers,  
and learned to love the two;  
And one little girl in blue, lad,  
who won your Father's heart,  
became your Mother, I married the other,  
but now we have drifted apart.



"That picture is one of those girls," he said, "And to me she once was a wife, I thought her unfaithful, we quarrelled, lad, and parted that night for life.

My fancy of jealousy wronged a heart, A heart that was good and true,  
For two better girls never lived than they, those two little girls in blue."

When David and I celebrated our Silver Wedding Anniversary in 1989, we held a party in the Village Hall and invited as many of those people who had attended our wedding 25 years earlier to the party, along with new friends. Food was prepared and presented by a relative of David's who did catering for such events and whose three daughters had been our bridesmaids. We had a DJ and entertainment as well as dancing.

In the 1970s a friend (Marilyn) and myself ran the local playgroup for 5 years in the Village Hall starting with 12 children and growing to 40 children so we had to hold it over two days.

Since undergoing a total refurbishment, the Village Hall has a great deal to offer and parties and wedding receptions are held there as well as a wide range of groups and film nights. Oak Tree Café is also very popular on a Monday morning and anyone can drop in for a coffee and cake.



I have copied the logo from Morton Village Hall's website]



Here is a brief history of the Village Hall which Shirley gave to me.

## **Brief history of Morton House, Welfare Hall by Shirley Carlin**

This house was apparently erected in 1735 and remodelled in 1752 for inscribed on a stone set in the front wall of the house are the letters and date **O – IM – 1752**.

These are the initials of the owner of the house at that time, John Oldham, whose family had resided in Morton from the beginning of the 18<sup>th</sup> century; a tablet to commemorate this fact was provided by the family and placed on the inner tower wall of the Church. The Oldham graves lie in the East part of the churchyard near the Lych Gate.

Adjoining Morton House stands the Welfare Hall, formerly the old Malt House where ale for the village was brewed. It appears to have closed down in 1834 when Thomas Oldham died and when the farmers and cottages ceased to brew their own beer owing to the rise of breweries. The oak principals and former stone slab roof suggest that it must have been built about 1680. The building stood in ruins for many years and about 1936 was repaired and converted into a Village Hall by the Miners' Welfare Committee.



# **Loving Gardening by Joanne Gordon**

As the BBC profiled mental health week in May of this year, gardening was mentioned as one of the benefits to our wellbeing. Monty Don's struggles with mental health are well known.

"I always see gardening as an escape, as peace really. If you are angry or troubled, nothing provides the same solace as nurturing the soil." Monty Don

Landscape Gardener Katie Rushworth of "Love your Garden" fame stated in a recent episode I watched, that after the birth of her child, she suffered low mood. Six months into her maternity leave she discovered gardening, which must have been life changing for her.

Here are some of the reasons why I love gardening.

## **1. Getting out in nature**

According to the charity, 'Mind', in a survey published in 2022 of 1000 people, for those of us lucky enough to have gardens, it is our very own green space, literally on the doorstep and gardens were saviours for many in lockdown when we couldn't travel.

Nearly two thirds of UK adults (63%) say spending time gardening or in nature helps their mental health, with respondents saying it makes them feel less stressed and that they benefit from taking in the sights, colours and smells of the outdoors.

For those who haven't got large gardens, you only need to watch gardening programmes to see how people have developed



gardens in small spaces, balconies and even narrow boats. There are also opportunities for volunteer gardening.

Gardens are teeming with nature from birds, to insects, butterflies and moths. Try standing outside in the evening and looking up for a glimpse of

bats catching insects.

A few years ago, we left a young family member digging in the garden, when there was a sudden yell that there was a monster in the earth. It turned out to be an earwig. Dave Goulson, in his book the 'Garden Jungle' devotes an entire chapter to the earwig, championing their benefits in our gardens. Along with a chapter on worms of course. However, not all nature is welcome to us gardeners. Luckily, Gardeners World provides some advice in dealing with slugs humanely.

<https://www.gardenersworld.com/plants/three-ways-to-control-slugs-organically/>

## **2. You can open up your senses**

Look at the colours and shapes of plants and foliage in your garden, listen to the birdsong, feel the soil. Although I wear gloves when at customers' gardens, in my own garden I like to feel the soil and compost. Alternatively, add tactile plants like Lamb's Ear (*Stachys byzantina*) to your garden.

At the time of writing Honeysuckle (*Lonicera*) is out in bloom and smells beautiful if you brush past it. Roses are in bud. Be careful when buying roses if you want scent, not all have



fragrance, so read the label. David Austen, though a little pricey, have a good range of scented roses. Lavenders, dianthus, hyacinths (for next spring) scented geraniums as well as herbs add fragrance to your garden.

At our recent poetry sessions, I asked members for their favourite scents and Mum said sweet peas. Dad grows sweet peas every year, they come in

a variety of colours and the more you pick them, the more they will flower and so can be brought indoors for a little of the 'outside in'. Night-scented stocks can be added to hanging baskets and pots for evening fragrance.

If you have planted some edibles such as herbs or strawberries, you get to taste too. There's also a plethora of



edible flowers, some of which are surprises like dianthus (pinks). Take a look at the Gardeners World website for some edible flower inspiration. Sarah has mentioned nasturtiums in our magazine previously and I love their peppery taste in salads.

<https://www.gardenersworld.com/how-to/grow-plants/growing-edible-flowers/>



## **Sense of achievement**

Whether it is growing your own plants from seed or weeding a patch of garden, there is a sense of achievement.

**“It’s difficult to think anything but pleasant thoughts while eating a homegrown tomato.” - Lewis Grizzard**

## **Good exercise**

Gardening is good exercise which helps to strengthen muscles.

## **Accessible Gardening**

Gardening is accessible for all. My husband recently erected raised beds for a customer who is a wheelchair user. Gardening can also be tending to a window box or designing a container, which is easier if you are less mobile.

There is one final benefit from gardening and that is to invite around family and friends to appreciate the fruits of your labour. To relax, chat enjoying a cuppa or perhaps a G & T.

Thank you Joanne. There’s no wonder you have recently changed your lifestyle from 25 years of office life to that of being in the open air and especially gardens and nature. There is a background of generations of gardeners and farmers in our family. Fairly recently I discovered that an aunt married a gardener in the early 1900s and they moved into Lincolnshire setting up a very successful Market Garden (today’s version of the garden centre). Sweet peas also bring back happy memories for me as a child as they were one of my dad’s favourite flowers and he grew lots. He would gather a bunch and add some asparagus fern which he grew into a big bush especially for the sweet peas and it was beautiful. I would stand at the gate and sell them to passers-by as they went to the cricket match on a Saturday afternoon.

# How to get to sleep when you're stressed or anxious

## A doctor shares her advice and easy to follow tips

Published in "Country Living" newsletter by Rosie Stagg April 2023

**Rosie Stagg says "It's no secret that feelings of stress and anxiety can keep us up at night. But instead of tossing and turning (and counting down the hours until our alarm goes off), trying solutions that quieten the mind and bring you into a more relaxed state could help you nod off."**

"In aid of Stress Awareness Month, 'Bensons for Beds' resident sleep expert, Dr Sophie Bostock, has shared her best practises on how to get a better night's sleep if you're feeling stressed and anxious."

Dr Bostock says: "Many of us struggle with sleep when we're experiencing an acutely stressful situation. This might be work stress, a tricky relationship, a bereavement or a significant life event.

"Under stress, people often describe not being able to switch off their racing minds. You may find that you fall asleep ok, but then wake up in the early hours of the morning, wide awake."

"The good news is that stress doesn't have to keep you up at night. Some people seem to sleep soundly, no matter what is going on in their lives. Sleep reactivity is the name given to describe the extent to which stress disrupts sleep, a difficulty falling or staying asleep. Genetics influence our sleep reactivity, the nature of the stress and life experiences will all play a role, but we can learn strategies to decrease our vulnerability to stress at night."

## What is stress?

In short, the term 'stress' refers to anything which provokes our 'fight or flight' response. It's an age-old response that helped

our ancestors deal with danger.

Dr Bostock explains: "When the brain detects a threat, the body releases adrenaline, which speeds up the heartbeat, increases blood pressure and triggers the release of the stress hormone, Cortisol. Cortisol stimulates the release of glucose into the bloodstream to fuel the body for action.

"Stress also influences the way we think and feel. We narrow our attention towards the threat; it takes on disproportionate importance, and it's harder to step back and see the big picture. "The emotional centres of the brain become more sensitive to negative events when we're already feeling stressed. We also tend to become more anxious, irritable and prone to low moods."

### **What causes stress?**

Unlike our ancestors, most of the stress we experience nowadays is not caused by anything physical, but rather psychological.

"Psychological stressors come in many forms," adds Dr Bostock. "It's not just about threats to our safety, or our loved ones' safety; any situation which is new, unpredictable, or makes us feel out of control, or overwhelmed, can trigger a stress response.

"Discrimination or fear of exclusion or a loss of status (such as financial pressures) can be another stressor. The big problem with many psychological stressors is that there may be no clear end to them. If a predator runs away, you can relax, but if you're worried about money, or health problems, the stress can last for months at a time."

### **What are the signs of stress?**

Our reaction to stress is individual and depends on whether it's acute (short-term) or chronic (long-term). Acute stress is characterised by the 'fight or flight' stress response. You might feel this way before public speaking or if you narrowly avoid an accident.



## **Signs of acute stress include:**

- Sweating
- Racing heartbeat
- Tense muscles
- Stomach upset, indigestion or heartburn
- Altered appetite
- Rapid breathing
- Narrowing of attention and focus towards the threat

"When you are stressed for a long time, some of these physical signs are less obvious, and you might not consciously 'feel' stressed," adds Dr Bostock. "It could be that the brain and body have simply learned a pattern of increased arousal (so-called 'hyperarousal') because you've been under stress for so long."

## **Signs and symptoms of chronic stress include:**

- Weight gain or weight loss
- High blood pressure
- Changes to the menstrual cycle
- Sexual dysfunction
- Constipation or diarrhoea
- Rashes or itchy skin
- Infections or illness
- Changes in mood - greater impatience, irritability, anxiety or depression
- Difficulty making decisions
- A feeling of being overwhelmed
- A worsening of physical or mental health conditions
- Difficulty sleeping, either falling asleep or waking up during the night.

## **How is stress related to anxiety?**

**"Anxiety is the name given to the way we feel when we are**

**worried, tense or afraid. We feel anxious about things that are about to happen, or that we think could happen in the future. Anxiety can be a natural emotional response to a stressful situation," explains Dr Bostock.**

"While anxiety is a natural way to respond when we are genuinely under threat, it can also be a problem if anxiety is excessive and interferes with the way we live our lives.

"Anxiety disorders are a family of mental health disorders which are characterised by excessive and persistent worry. Examples include generalised anxiety disorder, social anxiety disorder (related to social situations), phobias and panic disorders. People suffering from anxiety disorders will typically perceive life to be more stressful because their brains are in a constant state of high alert.

"Chronic exposure to stress also makes people more prone to emotional disorders, including anxiety disorders and depression. It's as if we lose some of our emotional elasticity under stress, and it's easier to become stuck in patterns of anxious thinking, or low mood."

### **Why do stress and anxiety affect sleep?**

**It mainly comes down to a hormone called Cortisol, something we produce more of when we're stressed. Cortisol is useful for fuelling action, however, at bedtime, it prevents us from relaxing and calming down.**

**Therefore, stress keeps your brain and body more alert than normal. It takes us longer to fall asleep, and because sleep is lighter, we're more likely to be woken by noise, movement or changes in temperature.**

However, Dr Bostock adds that it's not only Cortisol affecting our sleep: "Stress can also cause us to change behaviour in ways that are unhelpful for sleep, such as doing less exercise, relying on alcohol to relax, working late or taking long naps to recover."

**"Relaxation is a skill - the more often you practise, the more quickly and deeply you will be able to relax. It's a good idea to practise for a few minutes during the day, as well as part of your wind-down before bed."**

### **Three ways to ease stress for a good night's sleep**

Sometimes it's possible to tackle stress by resolving the source of stress - for example, speaking to your manager about managing your workload or finding additional help with caring responsibilities. However, sometimes it's impossible to avoid the source of stress, for example, if you're struggling financially or have been diagnosed with a chronic medical condition.

Dr Bostock says: "What you can do, is to learn tools to switch off the Cortisol tap, and the associated hyperarousal, to promote a more restful night's sleep.

"To flip the switch from stress to relaxation, we have to convince the brain that we are safe, and in control. To do this, we can either focus on relaxing physically or mentally. Our minds and bodies are interconnected, so relaxing our muscles will still relax our minds, and vice versa.

#### **Technique 1: Box Breathing**

When we feel we're in danger, our breathing tends to get faster as we prepare to fight or flee from a threat. Occasionally, it causes us to freeze up entirely. Because of this, it's important to find a way to calm our breath. "Maintaining a slow, steady breathing rate helps to signal to the brain that we're not under threat, and helps to drive the relaxation response," explains Dr Bostock. "There are many different breathing techniques you can try, and it's worth experimenting with a few different exercises until you find an approach which has a calming effect on you."

1. To try box breathing, breathe in for a count of 4, hold that breath for a count of 4, breathe all the way out for a count of 4, and hold for a count of 4.



2. Set a timer for 5 minutes and aim to maintain this pattern. Over time you can build up to 20 minutes or more.

Dr Bostock adds: "If you're lying down it can be helpful to keep one hand on your belly and one hand on your chest. Focus on making your belly rise and fall, rather than your chest. This means you are more likely to be using your diaphragm to pull the air all the way, deep into your lungs, which provokes the relaxation response."

## **Technique 2: Creating positive imagery in our mind**

If you need something which takes a little more of your mental focus, Dr Bostock recommends trying some positive imagery.

1. Close your eyes and picture an event or place that makes you feel relaxed. This might be a beautiful beach, mountain, lake, forest, or imaginary place.
2. Imagine that you're the movie director of your perfect scene. Ask yourself: what you can see, what you can feel, what you can smell, and what you can touch?

You could picture yourself walking through every room in your perfect home, or imagine yourself on your favourite beach, watching the waves at sunset.

Dr Bostock adds: "You're not trying to sleep - that's important - you're just going to enjoy visualising a happy place where you can feel calm and comfortable. The more often you can return to this safe place in your mind, the more easily you'll be able to relax and unwind, and eventually, it could help you to fall asleep."

### **Technique 3: Putting the day to rest**

If you're plagued by a busy mind, one strategy Dr Bostock recommends is the habit of writing down some of your inner dialogue in advance of bedtime. Put aside 10-20 minutes for this exercise, perhaps at the end of the workday, or after dinner. Ideally, avoid doing this right before bed as this exercise will get you thinking.

1. Sit down somewhere you won't be disturbed and grab a notebook.
2. Write a few bullet points about what has happened today. What went well? How did that make you feel? Has anything troubled you? Why was it difficult? What could you do differently next time?
3. When you've finished reflecting on the day, think about what's coming up tomorrow. What are you looking forward to, and why? What's your number one priority?

"The aim is to stop unnecessary thoughts whirring around your head. If the same thoughts pop into your head when you've switched out the light, you can tell yourself that they are on the page, and you don't need to think about them anymore," advises Dr Bostock. "If any urgent thoughts do come up in bed, keep your notebook and a pencil by your bed so that you can write them down, and then let them go."

### **Where can I find help when I'm stressed?**

"We all encounter stressful situations sometimes," says Dr Bostock. "It is almost always easier to cope with stress when you discuss your feelings with a supportive friend, partner or family member. Sharing your feelings can stop them from building up under the surface, and make them easier to cope with." Reaching out to a friend or family member is the best place to start if you're feeling stressed.

Dr Bostock adds: "While 'stress' is not a clinical disorder, if you've been struggling to cope with stress for some time, or if this seems to be getting worse, speak to your GP about it. They can discuss whether you have a mental health disorder which warrants treatment, or recommend some self-care steps to promote wellbeing. They may also suggest social prescribing, where you are referred to a supportive community group. "Regular exercise and relaxation techniques can be very helpful for stress."

For more information about stress and how to manage it, take a look at the information provided by the mental health charity, Mind.

*I receive some very interesting articles through emails from Country Living and this I thought was particularly helpful. Many of the items we have covered over the years but this article is really worth reading and keeping to hand for those times when you need reassurance. Quite a number of years ago, I wrote a poem which may be useful for the visualisation as it was intended for that purpose.*  
Audrey



## **PICTURE YOURSELF** by Audrey Carlin

Picture yourself as you would like to be,  
Happy and hopeful and so carefree,  
Strolling along a beautiful lane,  
A rainbow above after gentle rain.

Picture yourself in a garden of flowers,  
A beautiful place to while away the hours,  
Surrounded by colour so vivid and clear,  
A moment to treasure and to hold most dear.

Picture yourself watching birds on the wing,  
Filling the air as they warble and sing,  
Watching the bumble bee flitting from flower to flower,  
A peaceful way to spend an hour.

Picture yourself by a gentle stream,  
As your mind relaxes, drift and dream,  
Enjoy the beauty that is all around,  
The sights and sounds of nature abound.

Picture yourself in the warmth of the evening sun,  
As you relax and enjoy after your day's work is done,  
Reflecting on life's many happy days,  
As you focus your mind in a thoughtful gaze.

Whenever you feel unable to cope,  
Whatever the reason, nurture hope  
Picture yourself and relax a while,  
Take this journey to bring back your smile.





**Breakfast meeting reminders—still time to book**

**Tuesday 27th June 2023 10am—12 noon—  
Mindfulness with Sarah Lowe—Derbyshire  
Federation for Mental Health**

**Tuesday 4th July 2023 10am—12 noon—  
Understanding Our Emotions with Tim Buckle  
- Chimp Management**

**Meetings will take place**

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

**Still time to book in tel 07821 132234 or email  
chesterfieldtinnitus@gmail.com**

**Tea/Coffee and light refreshments will be  
served**

**Workshop funded by Erewash CVS Mental Health Mini grant  
Scheme**

# How to Donate to Chesterfield & North Derbyshire Tinnitus Support Group

1. Send a cheque, payable to Chesterfield Tinnitus Support Group, to

Chesterfield & North Derbyshire Tinnitus Support Group,  
PO Box 833, Chesterfield, S40 9RU

2. Make a payment directly into our bank account or set up a standing order. Our bank details are as follows:

**Sort code:** 60 83 01

**Account no:** 20447083

**Account name:** Chesterfield & North Derbyshire Tinnitus Support Group

3. Donate online using the secure Charities Aid Foundation website:

- Go to [www.cafonline.org](http://www.cafonline.org)
- Click on the blue Donate to a Charity button at the top of the page
- Search for Chesterfield Tinnitus Support
- Select us from the list and click on the Donate button
- You can then make a payment using a card or PayPal

4. Donate your unwanted gifts for us to raffle at our meetings