



**CHESTERFIELD & NORTH DERBYSHIRE
TINNITUS SUPPORT GROUP**



Registered Charity Number: 1188354

Tel: 07821 132234

Chesterfield Tinnitus Support, PO Box 833, Chesterfield. S40 9RU

Email: chesterfieldtinnitus@gmail.com

Wellbeing Magazine

September—October 2023

Edited by Audrey Carlin



Tranquility in the Wildlife Garden by Audrey Carlin



@tinnitusbuzzwords



@TinnitusSupport

Contents September — October 2023

Hidden Treasures by Muriel Lascelles

REACT Study into Covid-19 by Denise Healy

Transformation of the Teardrop Rose by Audrey Carlin

Reminiscences by Sarah Walters

Mind over Matter, Emotions and Mindfulness by Audrey Carlin

Stella - Ringing the Changes by Audrey Carlin

The Colour Blue—by Merle Taylor

My Wildlife Garden by Audrey Carlin

Dream Chasing by Joanne Gordon

Forthcoming Meetings – See Booking Forms/Full details of all meetings towards end of magazine

Soup & Social Wednesday, **20th September** - 11.00am to 1.00pm . Our speaker is Sally Bawden, Feel Good Dog Trainer.

Tinnitus Workshop Wednesday **11th October** – 11.00am to 1.00pm Our speaker is Jodie Rogers, Senior Specialist Audiologist/Hearing Therapist, Chesterfield Royal Hospital.

Zoom Meeting – My Lockdown Photologue by Sarah Richards Thursday **19th October** commencing at 3.00pm
Link available from Joanne Gordon

Hidden Treasures by Muriel Lascelles

July 2023 and what a wet Summer we have had! It's pouring down outside so gardening is out for today. I've settled for work indoors, perhaps a cupboard or drawer tidy which takes me back to our lockdown during Covid back in 2020. I can recall how cupboards and drawers were sorted like never before and feel sure so many others will relate to this. I would just like to share with you my missions during this time. Whilst sorting out, I came across items that I had long since put away thinking that one day I will send these treasured items to the appropriate companies to enquire if they would be of interest to them for their museum or archives.

Reckitt Benckiser (formerly Reckitt & Colman)



The first item I came across was this delightful presentation box - many of us will remember the little blue bag (laundry whitener) and Nulon (hand cream). I

contacted Reckitt

Benckiser in Hull who are nationally and internationally renowned for their quality of production in household cleaners and pharmaceuticals. Once Covid restrictions were lifted for a while, we had a pleasant day in Hull, the town near to where we originated, taking the box and ensuring it arrived in one piece.

The Company is so big that we were sent around many parts of the site, finally finding a security man who knew just to whom this should be taken.

Sure enough, it arrived with Mr West, the Heritage Advisor, who acknowledged receipt in his letter dated 23 February 2022 in which he outlined the history of the products which dated back to the 1950s. They were delighted to receive the presentation pack as they didn't have an example of this in their collection.

They were also pleased to have a letter, which was dated 05 April 1928 bearing the signature of Thomas Ferens, who helped to establish Reckitt & Sons and became joint Chairman along with James Reckitt. The letter had been saved by my Grandma all these years in which she was writing to enquire of any vacancies within the Company for my Grandfather as his business running lighters (dumb barges) from the River Hull, the Humber, and the surrounding Docks, had gone into bankruptcy.

Here is a transcript of the letter my Grandma received from Thomas Ferens.

05 April 1928

*Mrs A Wilson, "Glenholme", Northfield, Hessle,
E Yorks*

Mrs Wilson

In reply to your letter of 2nd March I have made enquiries here and I'm sorry there is no possibility of finding your husband employment as we are more than fully staffed in all our departments. Mr Kenneth Wilson is, I understand, connected with the Ellerman Line, and I would recommend your husband to get in touch with him and see if he could offer him an appointment.

Yours

(signed by Thomas Ferens)

The Mothers' Union

I also contacted the York branch of the Mothers' Union as I had my mother's Certificate of membership dated 17 July 1957.



The lady on the other end of the phone was pleased to have this returned to them and tried to persuade me to join them. I did say that I wasn't a mother but apparently you don't have to be!

Pears Soap

I also came across a presentation box containing two bars of Pears

soap which looked to be quite old. When I contacted the Company at Port Sunlight, a lot of correspondence passed between us

as they are unable to accept every item offered to them. I was so pleased as it turned out that they were very interested in this item as the Company had done their research and discovered that this box dated back to the 1930s. [Photo showing Pears presentation box as well as the cover on the box.]



Overleaf is part of letter from James Hayes, Collection Officer of Port

Sunlight Village Trust, Wirral dated 9th August 2022 acknowledging the Pears presentation box.



9th August 2022

Martin and Muriel Lascelles
14 Sunningdale Rise
Walton Chesterfield
Derbyshire
S40 3HH

Dear Martin and Muriel,

Thank you once again for your kind gift to our museum of the presentation box containing two bars of Pears Soap. We are delighted to be now able to accept this item and it will be an interesting addition to our collection.

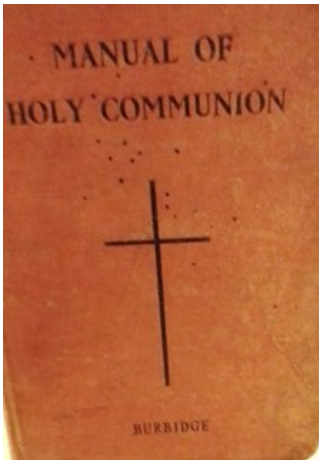
Poetry Book

Other items that I returned included a very old poetry book to Hull Trinity House School which is the Naval College and now an Academy and where my husband, Martin, attended for a short time. Even before Covid I have returned correspondence, which goes back in time, in the form of my Dad's purchases from Arco (Asbestos and Rubber Company in Hull) which is another well known company as the UK's leading supplier of personal protective equipment, workwear and workplace safety products. Arco acknowledged receipt and sent a copy of their J P Morgan Family Business Honours brochure which detailed what they are doing currently and things they are trying to do overseas as well as in this country.

Beverley & District Motor Club

Some years ago, whilst clearing out my parent's home we came across four metal badges of the Beverley & District Motor Club of which Dad must have been a member. The Club could not believe their luck to have these donated to them as they did not have the badge of this size. Two were in good condition and a very clever joiner mounted them on to a wooden plaque which

would be awarded to winners of the Club, who would return them annually. The other two badges were used as moulds to make reproductions to award to the winners and for them to keep.



Manual of Holy Communion

Although Covid no longer hits the headlines my mission continues still. I am trying to contact the vicar of the church in Cherry Burton, a village in the East Riding, where my Dad grew up. Sitting at the back of a drawer I have come across the Manual of Holy Communion given to him on his confirmation on Wednesday, 21 March 1923, over a hundred years ago.

1890s Ladies Travel Watch

I also have, which was my Aunt Muriel's, an 1890s ladies travel watch which is so unusual in that the numbers on the face of the watch are replaced by the letters spelling out "Muriel Wilson" which was handed down to her by her great Aunt Muriel. Both these ladies had the surname "Wilson".

It is our intention to contact and visit the museum in Hull (Ferens Art Gallery) where my Aunt's Aunt bequeathed paintings (she lived in London, was a socialite and considerable heiress) and turned down an invitation of marriage to Sir Winston Churchill. I still have the newspaper, The Sunday Telegraph 25 September, 1966, which confirms that this is true.



All his life Churchill suffered from an impediment in his speech. It is hard to define exactly what it was; some thought it was a stammer; some a lisp. Certainly he always had a difficulty in pronouncing the letter "s." He was extremely conscious of this himself from an early age and sought to correct it. Before he left for India he consulted Sir Felix Semon, a friend of the family

his disability. We also have the evidence of Mrs. Muriel Warde, formerly Miss Muriel Wilson, who has told the author of how when she was a young girl at Tranby Croft Churchill used to walk her up and down the long drive rehearsing such phrases as "The Spanish ships I cannot see for they are not in sight." This was designed to cure him of his trouble in pronouncing the sibilant "s."

A few years after his return from India he contemplated marrying Miss Wilson, who was a considerable heiress, as well as being one of the great beauties of her age. She rejected him. Thereafter he decided that he would never marry for money.

Ferens Art Gallery in Hull

In the first item in my article, I mentioned Thomas Ferens who helped to establish Reckitt & Sons. He went on to provide the land and the money to enable the Ferens Art Gallery in Hull to be built, and like all the museums in Hull are free to visit.

It is so pleasing to know that these items could form part of our social history for the future - treasures which so easily could have been lost for ever.

Thank you so much Muriel for such an interesting story and you have gone to so much effort to preserve the past by returning memorabilia to museums for future generations. I wonder how many of our members may have something tucked away in a cupboard or drawer which has an interesting story attached to it. We would love to hear from you. Please let us know if you have a story and we would be happy to take details if you wished and liaise with you to make it into a story to share in our magazine.

REACT Study into Covid -19 by Denise Healy

On 25th January 2020 my husband and I attended a Tutankhamun Exhibition held at the Saatchi Gallery in London, travelling there by train and underground tube train. This was before the Pandemic hit our shores, back when everything was normal.

Tutankhamun



We met our eldest son, Richard, and half a dozen of his work colleagues and we all queued in our timed-entry queue formation.

There was an enormous amount of people there from all over the world. When we were allowed to enter the exhibition, we found it was very dark inside in order to protect all the artefacts. So many people were inside the exhibition it happened that at times we were pressed together. Of course, no-one was wearing a facemask because this was before everything changed.

We walked forward into the next rooms, progressing through the exhibition marvelling at the exhibits. At the completion we said our goodbyes and returned home to Chesterfield via the trains.

On the 4th of February 2020, I developed Covid-19 only I did not realise it at the time, only in retrospect. Richard, however, was very ill for three weeks with what was diagnosed as being double bronchitis. He was left with a lingering bad cough not being able to speak without coughing, which stayed with him until June 2020. We suspect that Richard's illness probably might have been Covid-19 but do not know for sure because no tests were available for Covid-19 at that early stage.

I was not particularly ill, I did not have a fever or a cough or any breathing difficulties, I just felt unwell and very tired. I slept all that day and night and it took me about a week to get over it. I did lose my sense of smell and taste completely which I thought was an age thing as that was not included in the list of Covid-19 symptoms until May 2020. It was thoroughly miserable being without the sense of taste and smell. Eating food was monotonous not being able to taste it and being without the sense of smell could be quite dangerous as I could not smell burning. My sense of smell and taste returned seven months later at the end of September but is nowhere near as strong as it used to be. I still cannot smell rosemary, lavender or most

flowers but I just have to get on with it.

At some point during the first Lockdown, I was randomly selected to do the finger-prick test and was sent all the necessary items with which to do it and the instructions. I did this on the 31st July 2020. The resultant test had to be photographed and uploaded to a questionnaire form on the internet (I did not know immediately how to upload the photograph at that point but soon learned and added it later. Richard is my font of all knowledge). The test revealed that I had the Covid-19 antibodies so only then did I realise looking back that my mild illness had been Covid-19.

The questionnaire form was sent by: Imperial College London, a leading university actively involved in the COVID-19 response, is conducting the study funded by UK Research and Innovation and in partnership with Genomics England. You can find out more about Imperial College London at <https://www.imperial.ac.uk/>, Genomics England at <https://www.genomicsengland.co.uk/>, and UK Research and Innovation at <https://www.ukri.org/>. Professor Paul Elliott CBE (MBBS PhD FRCP FFPH FMedSci) Principal Investigator, REACT Long COVID Study.

I was then invited to join the REACT Study into Covid-19. It seemed the right thing to do to volunteer to try and help with the fight against Covid-19. The Study initially wanted to compare the DNA of those relatively slightly affected by Covid-19 with those who were severely ill to the point of death to see if there was a Genetic difference which accounted for the different responses to Covid-19. Later, the Study also went on to look into Long Covid-19.

The first time I had to go to The Crowne Plaza Royal Victoria Hotel in Sheffield. This was on the 22nd February 2021. Whilst there I had to provide a urine sample, be weighed, waist measurement taken over the clothes I was wearing, height measurement, blood pressure taken and lots of phials of blood.



The second time, I had to go to the Holiday Inn Express in Stockport by the railway station. I had to provide the same samples as previously mentioned plus in addition my hand strength was measured.

Holiday Inn Express

The venues selected to collect the tests were always chosen so that they were within relatively easy reach of each participant.

I have since received several questionnaires including one which tested cognitive abilities and last year on 10th January, I had to list in great detail everything that I had eaten and drunk the day before.

After each session at the hotels, I was sent over the internet, feedback from each visit, analysis of the blood samples, BMI measurements, Cholesterol etc. I also received information on what the Study had found out.

It took a long while to complete the Study as it was mainly women who had volunteered to join the Study and there was a campaign to recruit more men. The idea was to match people of the same gender, similar weight and build in order to compare like for like when comparing the relative DNA.

By taking part in the REACT Study into Covid-19, 57,000 participants have contributed to a highly diverse and representative study of COVID-19 and helped continue a vitally important piece of work. By attending an assessment centre and completing the questionnaires you have begun to help us understand the role that DNA, proteins, and molecules in our body play in determining how unwell a person may become and how likely they are to suffer from persistent symptoms of COVID-19, known as Long COVID.

The world's largest study of the genetics of critical Covid-19 has revealed fresh details about some of the biological mechanisms behind the severe form of the disease. Some 16 new genetic variants associated with severe Covid-19, including some related to blood clotting, immune response and intensity of inflammation, have been identified.

The findings of the Study led to the trial of two new therapeutic drugs which have helped doctors treat people who are severely ill with Covid-19 and get better outcomes.

The GenOMICC Study suggested a specific drug, baricitinib, and it was partly because of the genetic evidence provided that this drug was entered into the world's largest clinical trial for Covid-19, known as RECOVERY, which found that the treatment works. The Study showed for the first time that human genetics can help find treatments for infectious disease.

It is hoped to apply this technique to find treatments for other infections in the future such as Sepsis and Influenza.

It is good to know that research is bubbling away in the background all around us.

What a very interesting article Denise and thank you for sharing this with us. If you have any further updates on the outcomes and developments of the research, we would be happy for you to share these with us please

Transformation of the Teardrop Rose

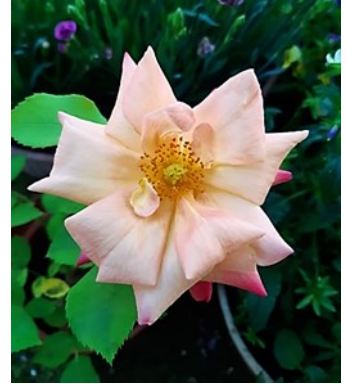
by Audrey Carlin

It was during lockdown of 2020 that I wrote a story in our magazine about a rose I named "The Teardrop Rose". This very special rose started out life as a shop bought bunch of yellow roses, with tightly closed petals and when they were past



their best, my daughter-in-law was throwing them out. However, we salvaged the best stems, removed the wilting roses and David planted them around the sides of a pot of compost and we waited...and a year later we were rewarded!

Whilst walking past the cold frame one morning in June 2020, I saw there was a perfect little rose that had grown from one of the stems and during the course of the day the rose changed colour three times, not once did it look like the original yellow rose. However, what was clearly visible was a single “teardrop” falling from the pistil (centre of the rose) on each bloom. This peach rose is one of the photos of The Teardrop Rose in June 2020.



After a year's rest, in June 2022, The Teardrop Rose flowered again, but this time masquerading in a different guise (pink and yellow). Now a bigger rose, I still recognised it even though it hadn't got the “teardrop”.

After it had bloomed last year, we planted the rose in a larger pot and waited for it to bloom this year. And yet again, we were surprised and rewarded with its beauty. From the single stem that David grew, it now has four different coloured roses. I took these photos in the early morning sunshine in June this year when all four roses were in full bloom.





I couldn't believe how it had transformed over the three years and here was "The Teardrop Rose" which had genetically mutated into four different colours, all of which were beautiful and very different.

Apparently, years ago, new varieties were bred by planting rows of different roses together so that bees and other insects would perform the process naturally



and entirely at random. I would like to think this is what happened in the transformation of our "Teardrop Rose".

In 2021 Derbyshire Voluntary Action produced a beautiful book called "Life in Lockdown" – a creative expression of the communities of Chesterfield and surrounding areas. Both Joanne and I contributed to the book. Joanne wrote a "lockdown" story of family, work, friends,

neighbours and her kitten, Bailey, who was a newly rescued kitten from the RSPCA, together with a photograph of Bailey posing amongst the flowers and I sent the Teardrop Rose story.

When I wrote “The Teardrop Rose” story in 2020, for me it had a symbolic meaning of “hope”, emerging from one that bore no resemblance to the new and vibrant blooms that appeared in 2020 in the midst of the pandemic. You could clearly see the teardrops on this special rose representing the tears that had been shed by many during the pandemic but also the life of the rose proved how a new life can emerge with beauty and elegance to brighten our world after the loss and sadness. I wrote at the time “this rose may never flower again but, for me, it marks a time in history that will never be forgotten.”

Well, I was wrong because now it has emerged to prove that through darkness and despair, we must always have “hope” and seeing the beauty of this rose brings a smile to my face - and there is not a single teardrop in sight!



Reminiscences of Sheffield by Sarah Walters

Since going back to work in my home city of Sheffield earlier this year, I have had cause to revisit some of my childhood memories. There is a roof terrace on the building that I am based in, and the view from there shows just how much things have changed since the 1970s and 1980s when I was growing up. Some of it of course has changed for the better. The old city was ruled by cars and contained a warren of dark pedestrian underpasses, including those leading to the famous "Hole in the Road" precinct. The city centre was fringed by remnants of dying industries and the place could be dirty and smelly. But sadly, I think much of the character has gone now. The new skyscrapers and the death of the shopping centre is making the place look much like any other English city. Streets that once heaved with people are now empty and boarded up. Back in the 1980s, you knew where you were! Yes, I've been reminiscing and thinking



[Internet image by
Yorkshire Live].

back to my
Saturday shopping
trips with Nanan,
as I suppose
becomes inevitable
when you reach a
certain age! It's
inspired a few
poems and here

are a couple which I hope may jog some fond memories among
our members.

"Brewing" is about the stink coming from the Whitbread brewery
at Lady's Bridge up towards the markets. I can still taste it now!
"Shopping Ghosts" is all about how the department stores
changed their names over the years, yet the older generation
refused to ever refer to them by their new name! My poor young
brain struggled to understand why a shop that plainly said one
thing on the front was called something else by Nan.

Brewing

Round about BHS, that's when it hit
Nan, a barmaid, didn't flinch
I could have heaved if I thought about it

The Brewer on the Bridge pumping out stink
A stench so heavy
It had body, a low-down snake like slink

Dads went mad for it by the pint and half
But it stuck to your soles
And wrapped around your throat like a barley scarf
The only escape was the Market Hall
Wet fish, bloody butcher
Take me to the broken biscuit stall.

Shopping Ghosts

Was it Cockayne's or Schofield's?

Nan called it one thing

Mum knew it as another

Rackham's or Walsh's?

Did it mess with your new-at-reading brain

To go in a big shop

Whose name derailed that academic train?

"Let's go to Walsh's first"

Nan would decide on the grey escalator

That tugged us up from the Hole in the Road

That wasn't what the signwriter wrote

But I knew better than to argue

Nan had been reading for a lot longer

So I just filed it away for further review

Cole's will be forever Cole's I reckon

Anyway....

Please do share shopping memories from your home towns -
what was the same and what was different?

[Thank you so much Sarah for reviving memories of how things used to be. As Sarah suggests, do share your shopping memories with us, either your home town or even your village]



Mind over Matter, Emotions & Mindfulness by Audrey Carlin



When I was young, I very often heard conversations where “Mind over Matter” was mentioned. In fact, it was a phrase used a lot in those days. We now talk

about mindfulness and meditation and I wanted to see if there was any relationship between these concepts.

Do you remember back in July 2018 when twelve boys aged 11 to 16 and their 25-year-old coach were rescued from a flooded cave in North Thailand. For several days, the boys and their coach endured severe conditions like low oxygen, low food supplies, low fresh water and cold weather in that dark cave. It is said that when a British diver found them, the boys were calm and meditating and sitting on a large jagged rock. They looked thin, tired and dirty but didn’t seem agitated or overly disturbed by their ordeal. It was nine days before they were found and then another eight days before they were rescued. Apparently, their coach was credited with keeping the boys calm. He was an orphan who grew up in a monastery and is known to be a Buddhist monk who practised meditation, which he used to keep the boys mentally healthy. ***How did they survive?***

In an article I read relating to this story it said “the answer lies simply in the idea of ***Mind over Matter*** or the ability to endure severe physical pain using willpower.”

There is so much we don’t know about our mind and about ourselves and our abilities. The smallest of events to the biggest affect us mentally and physically and it is through life experiences that we learn a little more about ourselves.

The Amygdala

[Google Freepik image]



Our emotional state is governed partly by a tiny brain structure known as the amygdala which is responsible for processing positive emotions such as happiness, and negative ones such as fear and anxiety. The main function of the amygdala is in emotional responses, including feelings of happiness, fear, anger and anxiety. The

amygdala may be best known as the part of the brain that drives the “fight or flight” response. Whilst it is often associated with the body’s fear and stress responses, it also plays a pivotal role in memory and is capable of storing and retrieving memories.



Challenges are a part of life. Sometimes we let them get the better of us, and find ourselves succumbing to them. However, there is always

hope to bring light into the dark spells that come our way. We just have to know where to look for it.

These challenges may be illness, financial or relationship problems or loss. Although we may experience some dark patches, we do not have to be blinded by the darkness. The following anecdote has a message to help us through the dark spells.

There was once a cave that lived underground, as most caves do. Since it spent its entire life in darkness, it had never seen any light. One day, a voice talked to the cave, and said, **“Come up into the light. Come and enjoy the sunlight.”**

The cave replied, **“I do not know what you mean by light. All I have ever known is darkness.”**

“Come and see for yourself,” said the voice.

The cave mustered up enough courage and climbed slowly up from the depths of the earth. Suddenly, it reached the top of the earth and was surrounded by magnificent light, the likes of which the cave had never seen in its life.

“This is beautiful,” said the cave.

After enjoying the light for a while, the cave said to the sunlight, **“Now it is your turn to come with me and see the darkness.”**

“What is darkness?” asked the sunlight.

The cave answered, **“Come and see for yourself.”**

The sunlight decided to visit the cave’s home. As the sunlight entered the cave, it said, “Now show me your darkness.” But with the sunlight there, there was no darkness to be found. What this anecdote illustrates is the power of light. Wherever there is light, there can be no darkness.

By Sawan Kirpal Ruhani Mission

Mindfulness



“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”

The Dalai Lama

The following is about how we can help ourselves by meditation (or Mindfulness); something that more and more people are practising, including many young people, to find peace in a world full of angst.

Mindfulness originated from ancient eastern and Buddhist philosophy and dates back around 2500 years. The concept of mindfulness has been inspired by many, and Jon Kabat-Zinn and his colleagues at the University of Massachusetts have been influential in establishing it in the western world.

Mindfulness works by taking your focus to the present moment and away from other thoughts. The way we think, and what we think about, can affect how we feel and act.

Studies suggest that focusing on the present can have a positive impact on health and wellbeing. Mindfulness-based treatments have been shown to reduce anxiety and depression. There's also evidence that mindfulness can lower blood pressure and improve sleep. It may even help people cope with pain.

The compassionate mind soothes you and inhibits your stress response. Mindfulness practice reduces activity in the part of your brain (the amygdala) which is central to switching on your stress response, so effectively, your background level of stress is reduced. You are better able to focus.

In his book "The Miracle of Mindfulness" Buddhist monk, Thich Nhat Hanh explains the theory of mindfulness using meditation. Mindfulness is the ability to create a sense of calm by being aware of negative bodily sensations and not reacting to them.

This is the advice we give to help people manage their tinnitus. Although at first it may be difficult to practise mindfulness especially in a quiet room, the idea is to "acknowledge" your

tinnitus but without reacting to it. This allows your brain to habituate to it (or learn to accept it as another bodily function and thus “ignore” it.)

Effectively, it decreases the neural paths that link upsetting situations and allows the mind to look at it from a more rational perspective.

Deep Breathing



One of my favourite and most effective (I believe) forms of mindfulness is deep breathing. When Sarah Lowe came along to our Workshop recently to talk about Mindfulness, one of the practises she demonstrated was using a feather. Laying the feather

in the palm of our hand we held it in front of us and watched it as it moved as we breathed in and out. I like to count 5 inbreaths, pause for 5 (if you can) and then breathe out through pursed lips much slower, and this helps to release tension in your body. I have also seen this technique used for people who suffer pain or have breathing problems.

You can practise mindfulness anywhere, sitting in the garden and just being at one with nature. Taking in the sights and sounds and opening up your “senses”. Cloud watching, mindful eating, observing a pet if you have one, especially as it sleeps; in fact, absolutely anything that you choose to focus on will help to calm your mind.

Emotions

When Tim Buckle came along to our Workshop, we discussed emotions. Our emotions can also link with **“mind over matter”**. Emotions can be very complex and are unique to each of us. However, one of the emotions we all seem to share is that of fear relating to many situations in life. Illness, overthinking, over-reacting, loss of control over situations we cannot change and many more affect our perception of the situation we find ourselves in. We can learn from our own experiences and build on our resilience, but also bring into our lives, mindfulness meditation; just ten minutes a day would help

For years I have tried to understand “emotions” but realised that it’s not just about emotions working in isolation, but with input from our thoughts, feelings and even our beliefs and over-reaction to situations.

In a book written by Mark Williams and Danny Penman “Mindfulness” – A practical guide to Finding Peace in a Frantic World - they question “What makes an emotion?” “Emotions are bundles of thoughts, feelings, bodily sensations and impulses to act. Next time you experience pleasant or unpleasant emotions, you might check in with what’s going on and notice the interplay of the different aspects of the bundle.” They go on to say the mind and body “both continuously share emotional information with each other. In fact, much of what the body feels is coloured by our thoughts and emotions”

The human brain is naturally biased to negativity

In our ‘introductory group leaflet’ we talk about our ancestors (cave dwellers) and how they responded to noise as something to fear; it spelt danger and so the fight/flight/freeze response was embedded in their DNA.

We haven't evolved emotionally since then and so react in a similar way when we perceive there is a threat or danger (that could be the sound of tinnitus or other emotionally charged situations). Even though our modern-day stressors are very different to those of our ancestors, our emotional reaction is still the same.

The positive power of pleasant emotions

We can train our brain to look for the good around us, increasing the number of pleasant emotional moments we experience. This doesn't mean ignoring what's wrong, but noticing what's right. According to the charity, 'Happiful' studies show that simply reflecting and writing down three good things we experienced over the course of the day (however small), for seven days, boosted how happy people felt and reduced feeling down, and this impact lasted as long as six months!

According to Mark Williams and Danny Penman, "If you stop and reflect for a moment, the mind doesn't just think. It can also be aware that it is thinking. This form of pure awareness allows you to experience the world directly. It's bigger than thinking. It's unclouded by your thoughts, feelings and emotions. It's like a high mountain – a vantage point – from which you can see everything for many miles around."

"Pure awareness transcends thinking. It allows you to step outside the chattering negative self-talk and your reactive impulses and emotions. It allows you to look at the world once again with open eyes. And when you do so, a sense of wonder and quiet contentment begins to reappear in your life."

Give it a try: Each night for one week, think back over your day. Identify three things you enjoyed, were pleased about or grateful for (however small) and write these down, perhaps with a few words on why these felt good for you. The good things can be small or day-to-day – talking to a friend on the phone, taking a walk in your garden, listening to the birds and many more....

After a week see what you notice. If you do this regularly, you might also notice themes in what you most often find pleasurable in some way.

Pleasant Emotions

Pleasant emotions aren't only for good days – they can help us in the midst of tough times and challenges too, potentially increasing our resourcefulness and contributing to coping.

It's thought experiencing moments of pleasant emotions at such times can help cushion the detrimental effects that difficulties can have on our psychological health. It might also have a strengthening effect, helping us to maintain our wellbeing at times of crisis and challenge. Studies show the experience of pleasant emotions can help undo the potential damage that chronic exposure to stress can have in our brains.

Gratitude



According to ‘Happiful’ “gratitude is a pleasant emotion that’s a firm foundation for happiness. Experiencing gratitude has been shown to boost: happiness, optimism, resilience and physical health, reduce materialism and makes it less likely we’ll feel lonely.”

Whilst we may vary in the degree to which we have a naturally grateful orientation, importantly, studies show we can cultivate a greater attitude of gratitude!

Give it a try: Each night for a week, reflect on three good things that happened as a result of other people, write these down in the form of:

“I’m grateful to.....for.....”

Cultivating pleasant emotions



There are many different pleasant emotions. In addition to gratitude, some of the most commonly experienced are joy, serenity, contentment, curiosity or interest, hope, pride, amusement, inspiration, awe and love.

According to 'Happiful' "Savouring is the practise of actively paying attention to, appreciating and intentionally enhancing our positive experiences. It's a mindful process combined with actively seeking to amplify or prolong pleasant emotional

experiences. It involves noticing our sensations, perceptions, thoughts, behaviours, and emotions whilst enjoying and appreciating a positive experience." Here are two savouring activities that studies have shown can boost happiness

Savouring the Past - Bring to mind one of your happiest ever days. Each day for three consecutive days, spend 8 minutes privately replaying it in your mind in as much detail as you can: where you were, what happened, who you were with, what you and other people did; what thoughts and emotions were running through your head at that time. Don't analyse it, just revel in the memory of it.

Savouring the Present - Go for a 20-minute walk in which you try to notice as many positive things around you as possible, for example, trees, flowers or animals, the weather, other people. As you notice each thing, identify what it is about it that makes it pleasurable for you and any thoughts, feelings or sensations as a result. You can try noticing and exploring other pleasant emotional experiences in this way too.

Stella - Ringing the Changes by Audrey Carlin



Stella Reddington has been a member of our group for over 30 years and for a number of years was our Group Chair. At the grand age of 95 years, she is also our oldest member. Stella is no longer able to attend meetings but always keeps in touch and regularly receives our magazines. She has featured in interesting stories in the magazine and not only keeps abreast with what's going on in the world, but always keeps herself occupied.

When I visited her recently, she was busy crocheting. Some of her projects are knee blankets (some of which we have for our raffle prizes) as well as making blankets on request for family and friends (I too have some of Stella's blankets and throws which are very special to me, including a throw made up of granny squares).



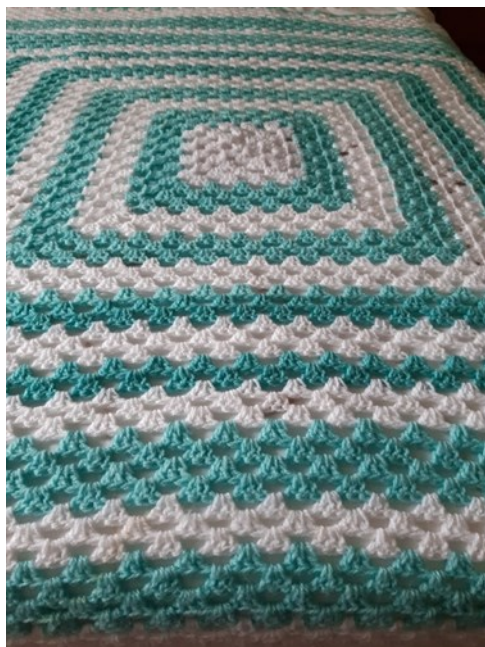
As she "rings the changes" Stella will then spend some time doing jigsaw puzzles which are always on the go. She has a special jigsaw table so that she can add pieces as and when she wishes.

Engaged in doing a jigsaw puzzle has a similar affect to meditation as it generates a sense of calmness and peace. Because our minds are focused, we find ourselves concentrating on the puzzle alone, which empties our brains of the stresses and anxieties of everyday life. This is certainly reflected in Stella as she takes everything in her



stride and is always calm. It also helps with sleep problems; by focusing on something that's soothing, it can calm down your mind and body enough to let you fall asleep.

[Photo – the turquoise/white blanket Stella crocheted for her bed]



For 4 years, Stella lived in Australia with her family of five children but they returned back to England many years' ago. One of her sons lives in New Zealand and even when she was in her eighties, Stella travelled by herself to New Zealand to visit her son and his family. She was delighted when, this summer, two of her grandchildren travelled from New Zealand to visit her.

Stella's garden is very important to her as well as watching the birds on the bird feeders and she very often has an excess of some plants in the garden which have grown prolifically and so next time I visit her, I shall be bringing home with me some lily-of-the-valley plants.

Full of tips, on a recent phone call, Stella talked about her roses and said to place two banana skins (which contain potassium) at the base of each rose and cover with mulch. This will help to produce lots of blooms. However, make sure the banana skins are buried well in order to prevent rodents.

She also suggested putting orange and lemon peel in your garden. I looked this up and it's not to kill the slugs because slugs love citrus, instead use it to bait them away from your plants. In the morning, check your peels to see if any slugs or snails are on them and remove these from your garden.

You can always be sure of interesting stories of life over almost a century, and especially The Festival of Britain in 1951, held just six years after World War II. We talked about this and developed an interesting article for the magazine a couple of years ago as Stella had attended the festival. Having lived in London for some time, she was familiar with getting around the city.

I hope Stella's story will encourage you to take up a relaxing hobby, if you don't already do so and also if you have a story to tell (any subject), we would be happy to talk to you, take notes and liaise with you to share it with others.

My throw made of granny squares



The Colour Blue by Merle Taylor

Blue has always been my favourite hue.

Light, dark, a mauve tinge, or Mediterranean true

The deep midnight blue night sky, stars twinkling through

Ever cheerful and uplifting blue

Bays and seas of blue, skies too

Lilac shades of petals, delphiniums, vivid agapanthus

Undulating seas. As the tides ebb and flow

Expecting a shade, we know, but it is always new



Merle is a member of our online poetry group, which meets for an hour once a month and group members produce some great poems. For more details contact Joanne Gordon on chesterfieldtinnitus@gmail.com

My Wildlife Garden by Audrey Carlin



I think we all know the benefits of a meadow or wildlife garden and the pleasure that it can bring and so in the Autumn of 2021, Joanne and her dad planted a meadow at the bottom of our garden which backs on to open fields; an ideal location to attract wildlife too as it is very quiet. The ground had to be prepared because it was very damp due to the fact that about a foot down it was thick clay. Joanne and her husband, Simon, covered the ground in cardboard to stop grass and

weeds growing through and then added topsoil and in the Spring of 2022, Joanne sowed meadow seeds. I wrote about it in one of our magazines last year with photos of the beautiful delicate flowers.

At the end of the first season, it was all stripped back for the winter and the seeds allowed to drop out into the ground. Then in October 2022 Joanne planted spring bulbs so we would have early flowers. It was also an opportunity to test the ground because we had never been able to grow daffodils in this area as it was too damp, but by spring we had a lovely display; we need to plant more though. We moved some plants from various areas of the garden and also added new seeds for this summer and the results were again beautiful but very different to last year.



I now call it the wildlife garden because, not only has it had a great display of flowers, but also lots of birds have nested in the area and we have had more butterflies. One day, whilst sitting on the seat which is right on the edge of the garden I heard a bird squawking, only to discover it was a bluetit sitting in a tree nearby. We were too close for comfort as it had built a nest in a nesting box that David had made years earlier and never previously used by the birds, but now it was shrouded in flowers and a safe haven for the bluetits. We sat quietly and saw it fly into the nest many times and then we heard the baby birds chirping when they had hatched. We also had blackbirds nesting at least twice in the year, as well as a robin and it brought its four babies to feed at the bird table. Then I spotted a wren with four babies sitting in the silver birch; this was a treat too because I have only ever seen a single wren and they move so swiftly. Although I don't think the starlings nested in our garden, they too brought along their babies as did the sparrows, and we could watch as they fed them on the bird table.

Last year I suggested it might be a good idea to plant a mini-meadow in a tub or plant pot if your garden is small or even in a small corner of the garden. On a recent visit to the Peak Village Outlet in Rowsley there was a lovely display in the courtyard of several pots and containers planted with dainty meadow flowers and it looked so effective. So, it's worth a try to replicate this.



Dream Chasing by Joanne Gordon

Dream chasing
Thoughts racing
Sleep elusive

I swing my feet
out to meet
The cold floor

Slipping into the chilly air
The peace overwhelmingly rare
Calms a spiralling mind

In the silvery moonlight
Brain no longer in fight
I take time to pause

My eyes are drawn
to the silhouetted form
of a ghostly tree

Everything is so still
only once a loud shrill
punctuates the silence

After nature's medicinal dose
My eyes slowly close
I'm almost there.....



(Image Unsplash)

Soup and Social
Wednesday 20th September 2023
11am—1.00pm
Feel Free talk by
Sally Bawden

Feel Good Dog Trainer specialising in one-to-one dog training. Sally will talk about dog emotions.

Sally Bawden, Feel Good Dog Trainer



**To book contact Audrey on 07821 132234 or
email Joanne at
chesterfieldtinnitus@gmail.com or use the form
in the magazine.**

Wellbeing Workshop

Wednesday 11th October 2023

11am—1.00pm

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

Managing Tinnitus

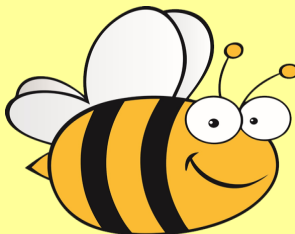
**Talk by Jodie Rogers, Senior Specialist
Audiologist—Chesterfield Royal Hospital**

**This will be our 4th workshop funded by Erewash CVS
Mental Health Mini Grant Scheme**

A free buffet lunch will be provided.

Raffle tickets will be available

**To book please contact Audrey on 07821 132234, email
Joanne at chesterfieldtinnitus@gmail.com or use the form
in this magazine to let us know your dietary requirements**



Illustrated talk by Sarah Richards

“Photologue of Travels”

Thursday 19th October at 3pm

If you missed Sarah’s talk at the Badger or would like to hear it again, here is a fantastic opportunity to hear about Sarah’s ‘Photologue’ created in lockdown about her travel adventures.



This time the talk will be via zoom. Sarah is also taking the opportunity to raise funds for the group. We are therefore, suggesting a donation of £3.00 per link and we hope you will join us for a colourful journey and talk by Sarah. Please advertise amongst your family and friends to apply for a link.

Please email Joanne at chesterfieldtinnitus@gmail.com to book and to receive the zoom link. Payments can be made by sending a cheque to Chesterfield Tinnitus Support, PO Box 833, Chesterfield. S40 9RU or direct to the bank

Chesterfield & North Derbyshire Tinnitus Support Group

Sort code: 60 83 01 Account no: 20447083

SOUP & SOCIAL

On Wednesday 20th September 2023 AT 11AM—1.00PM

Soup, Sandwiches and Chips, Tea or Coffee (help yourself to tea/ coffee)

Cost of the meal is £7.50 each

Will you please indicate your requirements when contacting us or on the form on the next page

YOUR CHOICE: Egg or Cheese or Ham on WHITE or BROWN Bread

Please indicate filling & choice of bread for yourself or anyone with you.

SOUP will be home-made vegetable soup served in a Mug and suitable for vegetarians/vegans and gluten free together with home-made Chips

Payment: We will require you to pay on arrival please

Raffle Tickets will also be available

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

Booking Form by post

Name.....

Mobile/Landline No.

Email.....

Please tick meeting/s you will be attending

☐

Soup and Social—Wednesday 20th September

Name of person attending with you— if appropriate

.....

Special Dietary Requirements

.....

Please choose sandwiches: EGG HAM CHEESE

Whether on: WHITE BROWN OTHER

☐

Wellbeing Meeting— Wednesday 11th October

Name of person attending with you— if appropriate

.....

Special Dietary Requirements.....

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
- 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