

CHESTERFIELD & NORTH DERBYSHIRE TINNITUS SUPPORT GROUP



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Edited by: Audrey Carlin

During November we have two events for you to enjoy as well as our AGM and Christmas Entertainment on the 12th December.

EVENT 1

"SOUP & SOCIAL"

ON MONDAY 13TH NOVEMBER 2017 AT
"THE BADGER" 11 AM TO 1 PM

Another light-hearted meeting where you will be able to reminisce, or for those who are younger, be transported to the vintage era when **Mr Potts Vintage & Retro** will take you on a journey back in time, stopping along the way to look at fashions through the last century, hopefully re-igniting a happy memory or two. On display will be a range of ladies and gentlemen's clothing and accessories from approximately 1900 to 1960 including one or two mystery items! There'll be a 'slideshow' of sorts with pretty pictures, hopefully it'll be an interesting journey and maybe we'll all learn something new. ***Come along and join us for this interesting, relaxing and engaging journey with Mr Potts.***

EVENT 2

COFFEE MORNING ON
TUESDAY 21ST NOVEMBER
2017

10.30 AM – 12.30 PM AT
THE SAINTS PARISH
CENTRE, CHURCH WAY,
CHESTERFIELD
(FIRST FLOOR WITH LIFT)

We have chosen this venue because it is at the side of the Crooked Spire and after the Coffee Morning we thought it would be nice to walk across to the Church to see the beautiful Festival of Christmas Trees and where you will also be able to see our Christmas tree on display.

Our speaker at the Coffee Morning will be **Steven Flinders** (he came to our group earlier in the year with his "Curiosity Box"). His talk is about Catherine Crompton who, in 1865 married a member of one of Derbyshire's wealthiest families. From 1867 until 1897 she kept a diary – but was there more to her story than first meets the eye? Also Sarah (our Treasurer) will share with you her thoughts about journaling to give you some ideas for the forthcoming winter months.

BOOKING IS ESSENTIAL FOR BOTH EVENTS



REPORT FROM OUR SEPTEMBER MEETING This was a fun meeting, attended by 25 members (including two new members) as Karen Roberts

orchestrated our laughter. It was amazing how a forced laugh soon became an infectious laugh and the health benefits of laughing are well documented. As Karen said, you do not need to talk to engage in laughter, it crosses language barriers and continents. Not only did we laugh but also used movement like clapping and simple yoga poses, all of which not only lift our spirits but also use muscles that we don't usually use. Look at yourself in the mirror and if you are not smiling, start laughing at your reflection to



March 1995, Dr Madan Kataria, a family physician from Mumbai, India, decided to write an article called "Laughter – the best medicine". Decades of scientific research had already proven that laughter has a positive impact as a form of complementary preventive and therapeutic medicine. With the help of his wife, who also introduced yoga movements, they simplified the various laughter techniques and it worked.



encourage happiness. Every morning Karen laughs continuously for 10

Physical health benefits of laughter

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease



minutes. We tried laughing continuously for 2 minutes and it wasn't easy but laughter is to be encouraged daily even if in short bursts.

Mental health benefits of laughter

- Adds joy and zest to life
- Eases anxiety and tension
- Relieves stress
- Improves mood
- Strengthens resilience

The history of Laughter Therapy

Public interest in the health benefits of laughter started to develop in the 1960s and grew from there. However, in

Social benefits of laughter

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

Humour lightens your burdens, inspires hope, connects you to others and keeps you grounded, focused, and alert. It also helps you to release anger and be more forgiving.

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.



Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter makes you feel good and the good feeling that you get when you laugh remains with you even after the laughter subsides. Humour helps you keep a positive, optimistic outlook through difficult situations, disappointments and loss.

Laughter helps you stay mentally healthy

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new

sources of meaning and hope. Even in the most difficult of times, a laugh, or even simply a smile, can go a long way towards making you feel better. Laughter really is contagious; just hearing laughter primes your brain and prepares you to smile and join in the fun.

The link between laughter and mental health

Laughter stops distressing emotions. You can't feel anxious, angry or sad when you're laughing.

Laughter helps you relax and recharge. It reduces stress and increases energy, enabling you to stay focused and accomplish more.

Laughter shifts perspective, allowing you to see situations in a more realistic, less threatening light. Laughter draws you closer to others, which can have a profound effect on all aspects of your mental and emotional health.

Laughter brings people together and strengthens relationships

When you connect face to face, you're engaging in a process that rebalances



the nervous system and puts the brakes on

defensive stress responses like "fight or flight." And if you share a laugh as well, you'll both feel happier and more positive.

A study by Oxford University found that pain thresholds become "significantly higher" after laughter, compared to the control condition, and saw this as being due to laughter itself, rather than the mood of the person.

The first Sunday in May is WORLD LAUGHTER DAY when laughter yoga around the world is celebrated for Peace Health and Happiness.



**The Chesterfield Theatre Company Presents
ENTERTAINING ANGELS
ON NOVEMBER 16, 17 AND 18TH AT
7.30 PM
At Rose Theatre, Rose Hill,
Chesterfield**

The play, in which Penelope Keith has appeared, is described as a comedy. However, the play this time will be presented by Chesterfield's Theatre Company. It is an amateur production with experienced and new cast members bringing this excellent play to life. Joanne's husband, Simon, is director and Joanne plays the role of Jo.

THANK YOU!

SPONSORSHIP FOR OUR WALK

It drizzled a bit at the start of our walk around Queen's Park but it didn't dampen our spirits. However, by the time we finished the sun came out and we all enjoyed ourselves. We are very grateful for your sponsorship which raised **£95.00**

FUNDRAISING

Thank you to everyone who has called into our office or given us bags of items and prizes for the raffles at our

meetings. We are always very grateful to you.

OTHER FUNDRAISING

During the course of the summer, Shay has been to several shows, always taking along tinnitus information and at each one he has returned rattling the tin, raising over £100. Our raffles at meetings run by Joy and Muriel have also been successful (thank you for joining in) and helping to keep us afloat, raising a further £50 since July.

Laughter - The Best Medicine

*No matter what prescriptions
Are being handed out,
The best medicine is laughter,
Of that there's little doubt.
Its benefits are reckoned
To have guarantees that say –
A dose of it's essential
To be taken day by day*

[By J. M. Robertson, courtesy of 'Grace']

FEEDBACK FORM

We would be grateful if you could please spare a few moments to complete the Feedback Form which is useful to us so we can plan the future of the group with you in mind.

**FOR YOUR DIARY – DECEMBER 2017
AGM AND CHRISTMAS SOCIAL WITH
ENTERTAINMENT TO BE HELD
AT "THE BADGER OF BROCKWELL"
ON TUESDAY 12TH DECEMBER
FROM 11.00 AM TO 1.00 PM**

