



WELCOME TO OUR FIRST NEWSLETTER OF 2018 AND WISHING YOU ALL A VERY HAPPY NEW YEAR!

DATE OF OUR JANUARY SOUP & SOCIAL

**WEDNESDAY 24TH JANUARY 2018
FROM 11.00 TO 1.00 PM**

AT THE BADGER OF BROCKWELL

Thank you for completing our feedback questionnaire. We have taken on board your suggestions and for the first meeting of the year we have invited the British Tinnitus Association to come along to update us on their new awareness campaigns and research (both of these were requested in the feedback).

REPORT FROM OUR NOVEMBER MEETING

At very short notice, our speaker had to cancel but thankfully we found Judy Colby whose talk was entitled “**Rags to Riches – the Wardrobe Mistress’s Tale**”



Judy came along with lots of beautiful vintage clothes as well as clothes from other periods. Judy became involved with an amateur dramatic group some years ago and became their Costume Mistress. She was unaware at the time when she agreed to take on the role just how involved she would become but 20 years later she is still there.



As Costume Mistress, almost every item of clothing they need for plays, Judy has to make. As with most amateur groups, funds are very limited and so she has to be very innovative with the materials she uses. Apart from clothing, hats and other garments, she also makes jewellery for the plays out of all sorts of everyday bits and pieces that would generally be discarded. She scours charity shops and market stalls to buy bits and pieces that she can turn into amazing items of clothing and the plays cover a variety of eras so the clothing has to be representative of the period of the play.

Judy even makes items of food such as sandwiches, all of which look incredibly realistic. With every item of clothing she showed us there was a story to go with it and her interesting and amusing talk, which lasted an hour, absolutely flew by.

I know some of us felt inspired to go away and add embellishments to our clothes to give them a “new” look. Back in the 1960s I used to make all my own clothes (you didn’t need much material during those days to make a dress or skirt!). I also made clothes for my children until they decided they wanted to “shop” for clothes! However, I have sorted out some suitable embellishments for clothes I want to “dress up” a bit but that’s as far as I’ve got! It’s now on my list of New Year’s resolutions!

REPORT FROM OUR MEETING AND VISIT TO THE FESTIVAL OF CHRISTMAS TREES IN “THE CROOKED SPIRE”

Steve Flinders came along to tell us the intriguing story of Catherine Crompton.



Steven came into possession of the diary when a lady who lived in Weymouth found a diary relating to someone who lived in Ilkeston during the period 1867 to 1897. It was evident that this was the diary of a very wealthy lady. Steve had to follow a very complex journey to try to establish who Catherine Crompton was but gradually he discovered that she married George Crompton who was born in Chesterfield in 1823 from a very wealthy family. In 1855 the Cromptons were Bankers (the Crompton Bank was



in Chesterfield) and they borrowed money from the bank to take over Stanton Iron Works and George became the Chairman of Stanton Iron Works from 1878 – 1897.

Steve’s investigations led him to believe that Catherine was a maid living and working in Chelsea and at some stage George met Catherine and they began an affair. On the 11th August 1865 George married Catherine Boyle Mee in London and they spent 20 years living in Chelsea, later moving back to Derbyshire. They had 11 children. George William was born in 1863, twenty months before they got married. Four of their children died in infancy of respiratory problems.



Their home, Stanton Hall, Ilkeston, would, at today’s prices, be valued at £3.5 - £4 million. However, today, a Grade

Two listed building, it is a Nursing Home set within five acres of private landscaped grounds.

JOURNALING FOR WELLBEING

After Steven’s talk, Sarah talked to us about journaling:

It is thanks to a grant from the Lottery’s Awards For All that we have a supply of daily journals that we can give out free of charge to members of our group. These journals can be used to support

your health and wellbeing and there are a couple of ways that you can do this.

- Using the journals to help you to manage your tinnitus symptoms: Each page of the journal is split into three main sections –
 - Goals
 - Achievements
 - How I feel

So if you particularly want to tackle one symptom of your tinnitus, you would put this in the ‘Goals’ section. This might be sleeplessness, headaches or neck tension for example. As you tackle this using advice taken from our leaflets or a website, you would record any successes in the ‘Achievements’ box. At the end, to reinforce the action that you have taken, there is a box to record how you are feeling. You can then look back as you try

Date <i>1st January 2018</i>
Goals <i>To have an uninterrupted night's sleep</i>
Achievements <i>Had two uninterrupted sleeps this week</i> <i>Both nights I had been doing a crossword and I have been drinking camomile tea most nights.</i>
How I feel <i>I feel better tempered and I haven't snapped at my husband this week!</i>

out different things and gauge what has worked for you and what has not been so

effective.

- Using the journals to help you to improve general health: For example, you might decide to incorporate more fresh vegetables into your diet, or to exercise more frequently. This would be recorded in the ‘Goals’ section. Then, as the day or week progressed, you would record every contribution to your goal in the ‘Achievements’ section. Again, the ‘How I Feel’

section helps you to decide how well your regime is working. The journal can also act as a way of keeping you to your goal. If you are on a healthy eating programme and you have to write down everything that you eat it encourages you to think more about your choices.

Using one of our journals can be the first step into more serious journaling. This is a good way of improving mindfulness – to take more notice of the small pleasures in life by writing them down or drawing a picture.



Sometimes we become so embroiled in daily stresses that we take for granted the important things – family, friends, nature, good food. If we take more notice of these things it can improve mood and journaling is a good method of doing this. Take a plain exercise book and record something that has made you happy –



whether this be spending time with children, the

sight of a robin in the garden or a funny line in a book. If you're feeling really creative, then turn it into a poem!

If you want to share your journaling with us, please do. We would love to see how you use yours...but if you want to keep it private, that's fine too.

Since Sarah's talk, several people have said how much they enjoy filling in their daily journal and have found it very uplifting.

Afterwards we walked over to the Church to look at the spectacle of Christmas trees – we had one for the Tinnitus Group and one for DAST.

And finally **REPORT FROM OUR AGM AND CHRISTMAS SOCIAL**

As there were no new nominations, our officers and committee members, all of whom were willing to continue, remain the same:-

Joanne – Chair; Sarah – Treasurer; Audrey – Secretary and Muriel, Joy and Philip – Committee members. Jodie and Debi (Senior Audiologists at the Royal Hospital) remain co-opted members of the group. We



will be having our first committee meeting of 2018 to discuss future ideas and events.

After the AGM, the entertainment started, following which we had soup, festive sandwiches and mince pies.

David and Olive Davis entertained us with poetry, some of which was seasonal and funny. Also



entertaining us was Joanne, Muriel and Shay, who also brought along his guitar. It was a lovely start to what we hope for everyone would be an enjoyable Christmas.

Everyone left with a smile on their face.

We also wanted to bring a bit of Christmas cheer to those people less fortunate than ourselves and as there were some mince pies left, we took them along to Pathways who support homeless and vulnerable people.

PATHWAYS

Pathways, located along Saltergate, is a service for the homeless and those at risk of homelessness, in Chesterfield and NE Derbyshire. On a basic level they are a place of social contact and shelter, with services such as food provision, emergency clothing and bedding if required. Looking on their website they offer a great deal more to help vulnerable people.

As we usually take along food to them, we asked if they needed anything else and we were told that they need *warm clothes, blankets and carrier bags*.

We would, therefore, be grateful if you could please look through your clothing, bedding etc to see if you could pass on anything to Pathways to help and support vulnerable people. We will be happy to pass on anything you may have so please bring along what you can spare to our office and we will ensure that they are delivered to Pathways.