

## CHESTERFIELD & NORTH DERBYSHIRE TINNITUS SUPPORT GROUP



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Newsletter

Edited by Audrey Carlin

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### OUR NEXT MEETING IS A SOUP & SOCIAL AT THE BADGER BROCKWELL LANE ON WEDNESDAY 22<sup>ND</sup> AUGUST 11.00am to 1.00pm BOOKING IS ESSENTIAL

#### STEPH'S SUSTAINABLE STUFF

Living a greener life has never been so important. We know that our world is changing; flash floods, warmer winters and much more erratic weather conditions than ever before, all suggest that global warming is having an impact.

Steph Mannion, who is dedicated to helping to sustain the planet, has a market stall on New Square in Chesterfield on Saturdays. When we invited her along, she said she would love to talk to our group. **Do come along to listen to an interesting talk by Steph and to see what she has to offer.**

Some of the products she sells are listed below and she is introducing new products on a regular basis. Steph's aim is to provide quality products, re-using and re-purposing items to produce as little waste as possible.

**Soap Nut Starter kit** ~ A gentle way of washing your clothes, no need for conditioner and they can be composted after use ~ £5.00 gives enough for about 100 washes.

**Beeswax Food Wraps** - A sustainable alternative to cling film, simply wipe after use and reuse.

**Reusable Face Wipes** - Use instead of cotton wool pads, wash and reuse.

**Flush Fizzies** - Toilet cleaning and freshening without chlorine bleach.

**Coffee Bags** - cotton drawstring bags for coffee beans (Steph can supply coffee beans too!)

**Bamboo** reusable mugs

**Hand knitted** mug cosies

A selection of **hand crafted wooden utensils** - spoons, spatulas, sporks

Hand crafted **wooden walking sticks**

**Wooden coasters** made from slices of sweet cherry branches (these aren't always available - it depends on what wood they can find)

### YOU ARE INVITED TO A CREAM TEA

On **SATURDAY 28<sup>TH</sup> JULY 2018**

From **2.00 PM – 4.00 PM**

At the **EYRE CHAPEL, NEWBOLD ROAD, CHESTERFIELD**

Friends of Pevensey Green have very kindly chosen to raise funds for our group at their Cream Tea on Saturday.



We realise it is short notice for you but hope you will be able

to go along and enjoy an afternoon in support of our group. We are very grateful to them for choosing us and hope to see you there.

### TINNITUS WELLBEING WORKSHOPS

Our Tinnitus Wellbeing Workshops will commence on **Wednesday 12<sup>th</sup>**

**September** then at fortnightly intervals (26<sup>th</sup> September, 10<sup>th</sup> October and finally 24<sup>th</sup> October). Each year is a bit different to the previous year so anyone who would like to come along who has attended previously, will be very welcome. We have always had positive feedback from the tinnitus wellbeing workshops which is why we continue them.

*“I feel the workshops have been well thought out and it has been a positive experience.”*

*“I have benefitted from getting support and I found the whole experience enlightening.”*

The venue is the “Threepenny Bit” building, so called because of its shape, situated in the village of Arkwright, located between Chesterfield and Bolsover on the A632 (about 2 to 3 miles from Chesterfield town centre. A really nice comfortable space.

If you wish to attend the workshops, would you please complete a Booking Form after which a letter will confirm your booking, together with directions etc.

### **OUR POETRY BUZZ WORKSHOPS – ONE OF THE FIVE WAYS TO WELLBEING**

The three Poetry Workshops have been very successful but we only had funding



for the pilot. Everyone has thoroughly enjoyed the sessions which have been in a relaxed and happy atmosphere. Those who have attended would like us

to continue and we are hoping to do so and will have further details in the next newsletter.



Feedback has been very positive. The following is from a question “Three words that sum up how the Poetry Buzz has made you feel”

*“Happy Uplifted Relaxed”*

*“Inspired Happy Joyful”*

*“Positive Fun Encouraged”*

### **AN ABC of HAPPY THOUGHTS**

Woman’s Weekly January 5, 1935

#### ***E’s for Earnestness***

*In all that you do.*

*Half-heartedness never*

*Brings happiness true;*

*A thing that’s worth doing*

*Should merit your best,*

*So work with set purpose*

*And you will be blessed!*

#### **OUR CONFERENCE**

This was a great success, with 85 people attending. We had excellent feedback which reassured us that, although we had a change of format, we had made the right choice.

One of our speakers was Catherine Johnson who replaced Jamie Broadley at short notice. An interesting point that Catherine made within her talk was about “**Aches and Pains**”. She said that, people who live and work in Derbyshire, can refer themselves in to their own Physiotherapy Department. This means that when you have a pain (such as a pain in your shoulder or back) that won’t go away, rather than going to your GP and at a much later

date being referred to physiotherapy, you can phone directly and make an appointment, thus reducing the waiting time to get treated.

There are Outreach Physio's at most hospitals including Ilkeston, Clay Cross, Cavendish in Buxton and pretty much across the county. Catherine has sent us a list of hospitals that offer this service throughout Derbyshire. We have included a full list of hospitals offering this service. However, if you wish to take advantage of this excellent service, please give us a call and we will give you the full information you will require such as address, opening hours, location, access and the service offered by each hospital within your area.

Catherine also talked about Sleep. However, we have our own booklet in the pack specifically about "how to get a good night's sleep" which has lots of ideas, some of which she talked about.

Catherine talked about **Nutrition** and eating "real food". This includes eating a healthy breakfast. She called "porridge" the breakfast of champions. Porridge with fruit is a healthy option.

Someone asked the question about which was healthier - fresh or frozen fruit and vegetables. Catherine answered "the fresher they are when frozen, the better". I had always been of the opinion that there was no real difference between fresh and frozen and I checked this out to confirm if this was so.

The following information is from the internet.

"Nowadays newer techniques are used, such as blanching vegetables before flash freezing. There are no chemicals involved and, if you worry about frozen fruit and vegetables losing nutrients, then remember that fresh ones lose them too. Green peas lose just over half their vitamin C in the first 24 to 48 hours after picking. In a study comparing nutrients in eight different fresh and frozen fruit and vegetables (corn, broccoli, spinach, carrots, peas, green beans, strawberries and blueberries), it found that there were no consistent differences between fresh and frozen. Vitamin C was higher in frozen corn, green beans and blueberries than in fresh ones. There was more riboflavin (a B vitamin) in frozen rather than fresh broccoli, though fresh peas had more than frozen ones".

In another paper, the researchers looked at fibre and levels of minerals such as magnesium, calcium, zinc and iron and found no difference between the frozen and fresh forms of the same eight fruit and vegetables.

### **TIME BUCKLE AND DAVID JAMES LEES**

The speeches by Tim Buckle about psychological wellbeing and managing stress and David James Lees who talked about Mindfulness as well as guiding us through a practical session, will be written into a booklet we will produce. This booklet will form part of our presentation pack of fact sheets, to which we can add more information. This will be sent to you when it has been completed.

## **COFFEE & CHAT MEETINGS AT MONKEY PARK**

Our meetings at Monkey Park are proving very successful and we will continue these. The format is very casual. However, the conversations have been very interesting and people have told us how helpful they have been.

## **OVERTHINKING**

One of the things that can have a disturbing effect on people's lives, is that of Overthinking which of course can lead to stress and anxiety. Our aim is always to try to eliminate or at least to minimise stress in our everyday lives. Overthinking can be an obstacle to doing so.

We know that stress and anxiety can exacerbate tinnitus; likewise stress and anxiety can create an awareness of tinnitus so in order to help ourselves to maintain a happy and healthy lifestyle, the following are helpful ideas.

*Identify the distorted thinking that is determining your behaviour*

Become aware of when you are thinking too much

*Let go of the need to control everything and accept that there are some things that we cannot change*

Listen to music

*Keep a journal (do you remember when we started each day at school by completing our log book?) We can use a journal as a time of quiet reflection. If you haven't got a Journal, please contact us for one.*

Practise mindfulness. If you haven't got our new fact sheets in the presentation pack, then please ask for a pack.

Don't rationalise, justify, analyse and explain yourself to others – there's no need to do so. Your true friends will love and accept you as the person you are. Above all, don't let other people's actions colour your day.

A driver could have ruined my day a couple of weeks' ago when he had an outrage at me. I was carefully driving along a side road in Chesterfield, on the opposite side of which were intermittent parked cars. Although it was my right of way, three cars coming towards me were already 'committed' so I stopped to let them through. Then, with no one in sight, I proceeded along the road. Suddenly at great speed this "big" car headed towards me. Expecting he would pull in at one of the spaces along his side, I continued. Suddenly he loomed up at the side of me and started shouting abuse at me. I responded in an appropriate manner and continued along the road. Did I let him intimidate me – no! Nor did I let him spoil my otherwise lovely day. Try not to let other people's outbursts colour your day. The problem is theirs!

## **AN EVENING OF MUSICAL ENTERTAINMENT**



On a lovely Sunday evening, we thoroughly enjoyed "An evening of Musical Entertainment" presented by Dronfield Parish Church Choir, Barlow Singers and Friends singing great songs from the shows. The church was filled to capacity and the proceeds are to be shared between our group and Nenna Kind.