British Tinnitus Association bring free tinnitus information day to Liverpool

Thursday 25 October, 2018

25 October 2018 The British Tinnitus Association are coming to the North West bringing the next in their series of free Tinnitus Information Days to Liverpool. With an estimated 150,000 people with tinnitus in Liverpool and Merseyside, and with 15,000 of them finding tinnitus severely affects their quality of life, the event is set to attract a large audience. The Tinnitus Information Day will be held at the Liverpool Marriott Hotel City Centre on Saturday 17 November.

The day will feature presentations from renowned tinnitus experts Tony Kay (Aintree University Hospital) and Dominic Bray (Southport and Ormskirk Hospital) as well as the opportunity to sample taster sessions including mindfulness, tai chi and yoga which can help with managing tinnitus.

Tony Kay, Head of Audiology Services at Aintree University Hospital, said: “As a health care professional managing individuals with tinnitus for over 30 years, I’m delighted that the British Tinnitus Association has chosen Liverpool for one if its free Tinnitus Information Days. I cannot emphasise enough the importance of good quality information and support to enable individuals to live well with their tinnitus. I’m certain that people attending the day will feel empowered and realise that they are not alone.”

As the UK’s only charity solely dedicated to supporting people with tinnitus the programme aims to reduce stress, confusion, isolation, improve wellbeing and help people to cope with their condition.

David Stockdale, Chief Executive of the BTA, said: “There are an estimated 232,000 people living with tinnitus in Liverpool and Merseyside alone, and for 10% of them it will have a serious impact on their quality of life. Through our Tinnitus Information Day, we hope that as many of these people as possible will benefit from increased knowledge of tinnitus and how to manage the condition as well as from improved local support.”

Comments from participants of previous Tinnitus Information Days include:

- “The day was way beyond my expectations. I will concentrate on having the best life I can.”
- “I wish I could have heard all this 20 years ago.”
- “I would absolutely recommend this day to anyone I know suffering with tinnitus.”
- “I Didn’t realise there is so much help out there.”

The Tinnitus Information Day will take place at the at the Liverpool Marriott City Centre, One Queens Square, L1 1RH from 9:30am to 3pm. Places are free but limited and attendees must register before the event – visit www.tinnitus.org.uk/liverpool to secure your place. Alternatively, please contact Elliott Green on 0114 260 9933 or email elliott@tinnitus.org.uk

Online content - https://www.youtube.com/watch?v=pWFWimcZie0&t=8s watch the video to see what happens at an Information Day, filmed in Nottingham 2017.

Ends

Editors Notes

The BTA is an independent charity which supports 645,000 people per year who experience tinnitus and advises medical professionals from across the world. It is the primary source of support and information for people with tinnitus in the UK.

• The BTA needs to raise £800,000 each year to continue their UK wide support. Donations can be made via **www.tinnitus.org.uk/donate**

• Not an illness or disease, tinnitus is a term that describes the sensation of hearing a noise in the absence of an external sound. The noise can have virtually any quality. Ringing, whistling, and buzzing are common, but more complex sounds may also be reported.

For more information

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