British Tinnitus Association brings free Tinnitus Information Day to Belfast help sufferers

Thursday 17 November, 2016

- The British Tinnitus Association (BTA), the UK's only charity solely dedicated to supporting those with tinnitus, will be bringing the next in their series of FREE one day Regional Tinnitus Information Days to Belfast. This programme aims to reduce stress, confusion, isolation, improve wellbeing and enable people with tinnitus to cope better with their condition. The day will be held on Saturday 10 December 2016 at the Wellington Park Hotel, Belfast and will feature presentations from world renowned tinnitus experts Don McFerran and Dr Laurence McKenna.

David Stockdale, Chief Executive at the BTA, said: "We estimate over 145,000 adults in Northern Ireland experience tinnitus, and for 10% of them – that's over 14,500 people – 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."

"Isolation, depression and anxiety often affect people with tinnitus; this event will help equip people to cope with their tinnitus better and have an improved quality of life."

Attendees will be able to come along and find out:

- basic facts about tinnitus
- the impact of tinnitus
- treatments available for tinnitus
- stress management
- relaxation
- local tinnitus services

In addition to the two tinnitus experts, Don McFerran and Laurence McKenna, who will be speaking at the event, there will be the opportunity to join in taster sessions of different activities such as yoga and tai chi, which may help with your tinnitus. There will also be an exhibition, with stands from a range of different organisations, all with ideas on how to help manage tinnitus.

Light refreshments and lunch will be provided free of charge.

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."
- "Absolutely loved the day, calmed my tinnitus".
- "Completely changed my perception of tinnitus".

The Tinnitus Information Day will take place in at the Wellington Park Hotel in Belfast on Saturday 10 December 2016. Places are free but need to be reserved – visit http://bit.ly/1NGAN9X to secure your place. Alternatively, please contact Emily Ducker on 0114 250 9933 or email emilyd@tinnitus.org.uk or visit www.tinnitus.org.uk

Ends

Editors Notes

The British Tinnitus Association (BTA) is an independent charity which supports thousands of people who experience tinnitus and advises medical professionals from across the world.

The BTA is the primary source of support and information for people with tinnitus in the UK, facilitating an improved quality of life.

They aim to encourage prevention through its educational programme and to seek effective treatment for tinnitus through a medical research programme.

The support the BTA offers to 335,000 people per year who are affected by tinnitus is reliant upon the

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generous donations of their supporters and fundraisers. They receive no government support and need to raise three quarters of a million pounds each year to continue their UK wide support. Donations can be made via www.justgiving.com/BTA

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. Troublesome tinnitus can be very distressing for the affected individual, and issues may arise with sleep, concentration and mood. However, in many cases, subtle changes in people's environment can address these issues, and improve quality of life.

The experienced team at the BTA understands the impact that tinnitus can have on the lives of those who experience tinnitus and those who live with them, so seeks to provide the most appropriate and expert advice and information free of charge – via a confidential freephone helpline on 0800 018 0527 and online at www.tinnitus.org.uk. The BTA can also post printed and audio information and advice.

Visit the BTA's Facebook page at www.facebook.com/BritishTinnitusAssociation and follow the BTA on Twitter at www.twitter.com/BritishTinnitus

For more information

Nic Wray, Communications Manager

nic@tinnitus.org.uk

01449 771384

07816 827304

Emily Broomhead, Projects Manager

emily@tinnitus.org.uk

0114 250 9933

British Tinnitus Association

Ground Floor, Unit 5 Acorn Business Park

Woodseats Close

Sheffield

S8 0TB

Company Contact:

Tinnitus UK

T. 0114 250 9933
E. nic@tinnitus.org.uk
W. https://www.tinnitus.org.uk

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