# BTA brings free Tinnitus Information Day to Birmingham to help sufferers

**Friday 3 January, 2020**

**3 January 2020:** The British Tinnitus Association (BTA) are coming to Birmingham to highlight the support that is available for people living with tinnitus by holding one of their popular Tinnitus Information Days in the city. The Tinnitus Information Day will be held at The Studio, 7 Cannon Street, Birmingham B2 5EP on Saturday 18 January 2020. Tickets are free, and refreshments and a light sandwich lunch is included.

David Stockdale, chief executive of the BTA, said: “There are an estimated 116,000 people with tinnitus in Birmingham alone, and a massive 300,000 people in the West Midlands are living with the condition. For 10% of them it will have a serious impact on their quality of life. Through our free 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 finding out more about local support.”

Chaired by Saira Hussain from Aston University, the day will feature a mix of presentations and interactive taster sessions of tinnitus management techniques. Key speakers include Tony Kay, head of audiology at Aintree University Hospital and clinical psychologist Dominic Bray.

Retired solicitor Pat Kelly attended a previous BTA Tinnitus Information Day: “I’ve had tinnitus since 2012 and have to deal with it on a daily basis. There is bags of support out there and leading the way is the BTA, who are outstanding. I would say to anyone with tinnitus: pick up as much information as you can, and the BTA are a reliable source of good, solid information and support and I can’t speak more highly of them.”

David Stockdale added: “We have held these events all over the UK with great success. Many attendees leave at the end of the day feeling more positive and in a better position to manage their tinnitus. We look forward to welcoming the people of Birmingham and helping them towards a life where they no longer feel they are suffering from tinnitus, but are able to live well with it.”

Places on the Tinnitus Information Day are free but limited and attendees must register before the event – visit www.tinnitus.org.uk/bham
to secure your place. Partners, friends, interpreters and support workers are also welcome. Alternatively, please contact the BTA events team on 0114 260 9933 or email events@tinnitus.org.uk

**Ends**

**Editors Notes**

- The BTA is an independent charity which supports over 1 million 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 £975,000 each year to continue their UK wide support. Donations can be made via
- **Tinnitus">www.tinnitus.org.uk/donate**
- Tinnitus">... is defined as the experience of sounds with no external source, most commonly ringing or buzzing, but sometimes experienced as whooshing, clicking or even music.
- About one in three people will experience tinnitus at some point in their life and one in eight (over 7.5 million adults in the UK) are living with persistent tinnitus, and for 10% of them, it can severely impact their quality of life, affecting sleep, mood, concentration, employment and relationships.
- There are around 1.05 million GP consultations for tinnitus in the UK each year, and tinnitus costs the NHS £750 million annually, with a cost to society of £2.7 billion per year.
- The number of people living with tinnitus in the UK is set to rise by more than half a million people by 2028

**For more information**

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The British Tinnitus Association is a registered charity. Registered charity number 1011145.

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