Charity chief comes to Kingston tinnitus support group

Wednesday 24 April, 2019

24 April 2019 A speaker from the British Tinnitus Association (BTA) will be talking at the next meeting of the Kingston tinnitus support group. The meeting will take place at 6.00pm Thursday 16 May, at the Education Centre, Seminar Room 1, Kingston Hospital NHS Foundation Trust, Galsworthy Road, Kingston on Thames, KT20 5JD

The group, led by the hospital's Head of Audiology Justine Sweet allows people with tinnitus to come together in a friendly environment and share their experiences.

David Stockdale, Chief Executive of the BTA will be discussing how to manage sleep when you have tinnitus, and talking about the work the BTA does to support research in tinnitus, and giving an update on the latest news.

David comments: "I look forward to coming to Kingston and speaking with the support group. Being among people who have tinnitus, listening to their experiences and how they manage it, can be inspirational. I feel I learn something every time I attend a group meeting. It is amazing seeing the difference it makes to people, especially those who have recently been diagnosed."

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. Many people aren't troubled by sounds they hear, but for around 10%, the condition has a significant impact on their quality of life, often linked to stress, anxiety or sometimes depression.

David adds: "Tinnitus can be an isolating condition, and we're keen to spread the word that there are management techniques which can help a person lead the best life they can, and to reduce the burden of living with this condition."

If you would like to find out more, please contact Patricia Hunt on patricia.hunt4@nhs.net or 020 8934 3861.

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
- **Not">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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