Charity expert comes to Bromley tinnitus support group

Friday 14 June, 2019

14 June 2019 An expert from the British Tinnitus Association (BTA) will be speaking at the next meeting of the Bromley tinnitus support group. The meeting will take place 2.00pm – 4.00pm Wednesday 3 July at Deaf Access, Community House, South Street, Bromley, BR1 1RH

The group, hosted by local charity Deaf Access, enables people with tinnitus to meet others with the condition, hear useful tips on coping methods, find out what help is available and hear about the latest research.

Colette Bunker, BTA Volunteer and Support Group Manager will be discussing how to manage tinnitus, and achieve habituation and talking about the work the BTA does to support those who experience the condition.

Colette comments: “I look forward to coming to Bromley 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.

Colette 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 Dawn at bromley.tinnitus@gmail.com or call Penny on 020 8315 2550**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

Nic Wray, Communications Manager

nic@tinnitus.org.uk

0114 250 9933

British Tinnitus Association

Ground Floor Unit 5 Acorn Business Park

Woodseats Close

Sheffield, S8 0TB

Media:



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Tinnitus UK

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

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