Charity expert comes to Kent tinnitus support groups

Tuesday 28 May, 2019

28 May 2019 An expert from the British Tinnitus Association (BTA) will be speaking at the next meetings of two local tinnitus support groups.

The groups, led by local charity HiKent, enable 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.

Gavin Bateman from the BTA 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.

The Canterbury tinnitus support group meeting will be on Friday 21 June between 2.00pm and 4.00pm at Northgate Ward Community Centre, Military Road, Canterbury CT1 1YX and the Faversham group meeting will be on Friday 28 June between 2.00pm and 4.00pm at Brents Tavern, Upper Brents, Faversham ME13 7DP.

Gavin said: “I look forward to coming to Kent and speaking with the support groups in both Canterbury and Faversham. 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.

Gavin added: “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 HiKent on 01622 691151 or enquiries@hikent.org.uk

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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British Tinnitus Association

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