

## Charity expert comes to Marlow and Farnham Common tinnitus support group

Thursday 10 October, 2019

**10 October 2019** An expert from the British Tinnitus Association (BTA) will be speaking at the next meeting of the Marlow and Farnham Common tinnitus support group, which will be celebrating its second birthday. The meeting will take place 6.00pm – 8.00pm Tuesday 19 November, at Help in Hearing, Cedar House, Glade Road, Marlow SL7 1DQ.

The group, led by local volunteer Gilly Wright, 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.

Gavin Bateman BTA Head of Administration and Finance will be giving a talk about the latest research and the work the BTA does to support those who experience tinnitus.

Gavin comments: "I look forward to coming to Marlow and speaking with the support group and helping them mark two years of helping each other. 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. Around one in eight people experience persistent tinnitus. 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 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 call freephone 0345 222 0579 or email:

[gilly@helpinhearing.co.uk](mailto:gilly@helpinhearing.co.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
- **Not">[www.tinnitus.org.uk/donate](http://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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