Charity expert comes to Nottingham tinnitus support group

Monday 11 March, 2019

11 March 2019 An expert from the British Tinnitus Association (BTA) will be speaking at the next meeting of the Nottingham tinnitus support group. The meeting will take place 1:15pm – 3:15pm Tuesday 2 April, at The Ear Foundation, Marjorie Sherman House, 83 Sherwin Road, Lenton, Nottingham NG7 2FB.

Organised by Nottingham based charity The Ear Foundation, the group is informal and supportive with a positive attitude towards enabling everyone to live well with their tinnitus. Dave Carr, BTA Head of Development will be discussing how to manage tinnitus, the technology options available, how to access appropriate services and talking about the work the BTA does to support those who experience the condition.

Dave comments: “I look forward to coming and speaking with the support group in Nottingham. 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.

Dave 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 the group organiser Sarah Hoyle at sarah.hoyle@earfoundation.org.uk or phone 0115 942 7804 or text 07852 296613

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

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