Charity expert comes to Southampton tinnitus support group

Tuesday 12 March, 2019

12 March 2019 An expert from the British Tinnitus Association (BTA) will be speaking at the next meeting of the Southampton tinnitus support group. The meeting will take place 6.30pm – 8.30pm Tuesday 19 March, at Southampton Sight, 3 Bassett Avenue, Southampton SO16 7DP

The volunteer led group 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 through mindfulness and meditation to 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 Southampton 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 the group organisers on southampton.tinnitus@gmail.com or call the BTA on 0114 250 9933

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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British Tinnitus Association

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