

Charity speaker comes to Shropshire tinnitus support groups

Wednesday 29 May, 2019

(Pictures and interviews available)

29 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 Signal, 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.

Jessica Pollard 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 Shropshire tinnitus support group meeting will be on Thursday 27 June between 10.00am and 12 noon at University Centre Shrewsbury at the Guildhall, Frankwell Quay, Shrewsbury SY3 8HQ and the Telford group meeting will be on Friday 28 June between 10.00am and 12 noon at Meeting Point House, Southwater Square, Telford TF3 4HS.

Jessica said: "I look forward to coming to Kent and speaking with the support groups in both Shrewsbury and Telford. 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.

Jessica 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 Sarah Thomas on 01743 358 356 or sarah@signal.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 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

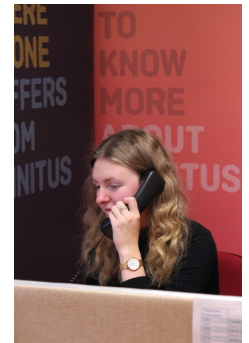
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