Free Tinnitus Information Evening in Basildon

Tuesday 29 May, 2018

An information evening to support local people with tinnitus is being held in Basildon. Tinnitus affects one in ten adults in the UK. Around 15, 000 adults in the Basildon area alone experience tinnitus, and for 10% of them – that's more than 1500 people – it will have a serious impact on their quality of life

The first meeting will take place on Tuesday 26 June 2018, 18.15 – 19-45 at the Robert Brown Post Graduate Centre Social Area, Basildon University Hospital, Nethermayne, Basildon, SS16 5NL.

The group is being organised by Meryl Robinson, Chief Hearing Therapist, Basildon and Thurrock University Hospitals NHS Foundation Trust who says "Tinnitus can be distressing but there is help and support out there. Our information evening will explain more about managing tinnitus and the help that the Hearing Centre at Basildon Hospital can provide."

Colette Bunker, BTA Volunteer and Support Group Manager comments: "Being among people who have tinnitus, listening to their experiences and how they have managed to handle things, is a tremendous help for the individual. I witness this first hand when attending group meetings. 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, with friends and family struggling to understand how it feels to adapt to the presence of loud or persistent noises. You might choose to bring a partner or family member to the meeting, which could help both parties understand more about the condition and the experiences or behaviours it can bring."

If you would like to find out more, please contact Audiology on 01268 394732 to register your interest.

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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