

Marlow tinnitus support group hits the Gold Standard

Friday 20 December, 2019

20 December 2019 A tinnitus support group which meets in Marlow has become one of the first groups in the country to be awarded the Gold Standard for tinnitus support groups by the British Tinnitus Association (BTA).

The group, facilitated by local volunteer Gilly Wright with the support of audiologists Selma Becker and Kevin Jeffery at Marlow's Help in Hearing, enables people with tinnitus to meet others with the condition, share useful tips on coping methods and find out what help is available.

Colette Bunker, BTA Volunteer and Support Group Manager said: "A group has to meet a number of criteria to be considered a BTA Gold Standard group. These criteria are designed to ensure groups are working hard to be inclusive, encouraging peer-to-peer interaction and are providing people with accurate and up-to-date information in a safe and friendly environment."

Gilly Wright said: "We provide a supportive environment as we listen and support everyone who attends. We have a diverse membership and take a calm, reassuring, positive approach, ensuring that all attendees have the opportunity to speak."

She adds: "We are very proud to be awarded a Gold Standard as the group is committed to raising awareness of tinnitus and helping people with tinnitus. We believe that the Gold Standard will give the group kudos, thereby creating a greater platform from which we can spread the word."

Colette commented: "We know that support groups can really help a person lead the best life they can, and Gilly and the team at Marlow are dedicated to helping people overcome the distress tinnitus can cause, and we are delighted to be able to recognise their hard work."

If you would like to find out more about the group, please contact Gilly on Freephone 0345 222 0579 or email 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
- **Tinnitus">www.tinnitus.org.uk/donate**
- 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 adults experience 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.
- About 1 in 3 people will experience tinnitus at some point in their life. Over 7 million adults in the UK are living with persistent tinnitus, and for 10% of them, it can severely impact their quality of life, affecting sleep, mood, concentration, employment and relationships.
- There are around 1.05 million GP consultations for tinnitus in the UK each year, and tinnitus costs the NHS £750 million annually, with a cost to society of £2.7 billion per year.
- The number of people living with tinnitus in the UK is set to rise by more than half a million people by 2028

For more information

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