New in-person support for tinnitus sufferers in central London

Friday 21 January, 2022

A new group to support local people with tinnitus is being formed in central London. The first meeting of the City of Westminster Tinnitus Support Group will take place 12.00 – 1.30pm on Saturday 12 February, at Verified Hearing, 126 Wigmore Street, W1U 3RY.

It is estimated that over 29,600 people experience tinnitus in the City of Westminster alone, and 7.1 million people across the UK - around 1 in 8 adults.

Facilitated by audiologist at Verified Hearing, Awajimijana Otana and volunteers from the British Tinnitus Association (BTA), the group will 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.

Awajimijana said: “I was privileged to be a part of the Aintree Tinnitus Support Group, facilitated by former BTA President, Mr Tony Kay. I learnt a lot and experienced the direct impact it could have on attendees. I hope we can provide the same opportunity to our members; a safe place people can come together and support each other, receive information and advice and feel able to share common experiences.”

The City of Westminster Tinnitus Support Group is supported by the British Tinnitus Association (BTA). Colette Bunker, BTA Head of Services, commented: “Being among people who have tinnitus, listening to their experiences and how they manage it, can be a tremendous help. 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. Around one in eight adults experience persistent 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.

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. Some people choose to bring a partner or family member to the meetings, which can often help both parties understand more about the condition and the experiences or behaviours it can bring.”

All are welcome, but the Verified Hearing team would ask that you let them know if you would like to attend by completing the form on https://verifiedhearing.com/tinnitus-support-group/

Mr Awajimijana Otana can be contacted by calling 0203 011 1280 or mijana@verifiedhearing.com

- Ends -

For more information

Nic Wray, Communications Manager

British Tinnitus Association

nic@tinnitus.org.uk

0114 250 9933

Emily Ducker, Volunteer and Support Group Officer

British Tinnitus Association

emilyd@tinnitus.org.uk

0114 250 9933

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Notes to Editors

About the British Tinnitus Association

- The British Tinnitus Association (BTA) is an independent charity that supports over one million people living with tinnitus each year and advises medical professionals around the world. It is the primary source of support and information for people with tinnitus in the UK. Their website is www.tinnitus.org.uk
- Tinnitus is the sensation of hearing noises in your ear or head when there is no external cause. The noise can have virtually any quality including ringing, buzzing, hissing and whistling.
- Around 1 in 3 people will experience tinnitus at some point in their life. Over 7.1 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 is not currently a cure for tinnitus, however, there are several strategies that can be helpful in learning to manage the condition.
- Tinnitus costs the NHS £750 million annually, with a cost to society of £2.7 billion per year.

Company Contact:

Tinnitus UK

T. 0114 250 9933
E. nic@tinnitus.org.uk
W. https://www.tinnitus.org.uk

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