New in-person support for tinnitus sufferers in Nottingham

Wednesday 2 February, 2022

A new group to support local people with tinnitus is being formed in Nottingham. The first meeting of the Nottingham Tinnitus Support Group will take place 2.00 – 3.30pm on Tuesday 15 February, at Nottinghamshire Deaf Society, 22 Forest Road West, Nottingham NG7 4EQ.

It is estimated that over 36,000 people experience tinnitus in the city of Nottingham alone, and 7.1 million people across the UK - around 1 in 8 adults.

Facilitated by local volunteer Nadine Mellor, who has tinnitus herself, 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.

Nadine said: “My tinnitus journey began in 2013, when I fell from a headstand yoga posture and got tinnitus. Then in 2020, my tinnitus got worse, and my life was turned upside down. I can no longer exercise or walk long distances and the ringing in my ears is often intrusive. I have also had episodes of hyperacusis.

However, I am learning to live with this trying condition, not to judge it as unpleasant and not to fight it. Some days are easier than others but on the whole, I can see I am more tolerant towards it than I used to be. I now feel the need to offer hope to other people locally.”

The Nottingham 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 – you don’t have to have a hearing loss to attend. Nadine asks that you let her know if you would like to attend by calling 07580 756468 or emailing nadine.mellor@gmail.com

- Ends -

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.

For more information

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