New support for people with tinnitus in Gloucester

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27/07/2018 A new group to support local people with tinnitus is being formed in Gloucester. Tinnitus affects one in ten adults in the UK. More than 115,000 adults in the county of Gloucestershire experience tinnitus, and for 10% of them – that's more than 11,500 people – it will have a serious impact on their quality of life

The first meeting will take place on Tuesday 4 September 2018, 14.00 – 16.00 at Gloucestershire Deaf Association, Colin Road, Gloucester GL4 3JL

The group is being organised by Gloucestershire Deaf Association (GDA) and Emma Jenkins from the GDA says "As a local deaf charity, GDA already runs a wide range of services for more than 4,000 deaf and hard of hearing people in Gloucestershire. We are delighted that from September 2018 we will be adding to that a new Tinnitus Club. We know there are some of our clients who struggle as much with tinnitus as they do with their hearing impairment. The new club will provide an opportunity to learn more about the condition, and for people who live with tinnitus to share their experience and also tips on how to manage the symptoms better."

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. 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."

If you would like to find out more, please contact the Gloucestershire Deaf Association on 01452 372999 or admin@gda.org.uk

Ends

Editors Notes

The British Tinnitus Association (BTA) is an independent charity which supports thousands of people who experience tinnitus and advises medical professionals from across the world.

The BTA is the primary source of support and information for people with tinnitus in the UK, facilitating an improved quality of life.

They aim to encourage prevention through its educational programme and to seek effective treatment for tinnitus through a medical research programme.

The support the BTA offers to over 645,000 people per year who are affected by tinnitus is reliant upon the generous donations of their supporters and fundraisers. They receive no government support and need to raise £800,000 each year to continue their UK wide support. Donations can be made via www.justgiving.com/BTA

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. Troublesome tinnitus can be very distressing

for the affected individual, and issues may arise with sleep, concentration and mood. However, in many cases, subtle changes in people's environment can address these issues, and improve quality of life.

The experienced team at the BTA understands the impact that tinnitus can have on the lives of those who experience tinnitus and those who live with them, so seeks to provide the most appropriate and expert advice and information free of charge – via a confidential freephone helpline on 0800 018 0527 and online at www.tinnitus.org.uk. The BTA can also post printed and audio information and advice.

Visit the BTA's Facebook page at www.facebook.com/BritishTinnitusAssociation and follow the BTA on Twitter at www.twitter.com/BritishTinnitus

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