New support for tinnitus sufferers in Southsea

Thursday 15 June, 2023

A new group to support local people with tinnitus is being formed in Southsea. The first meeting of the Southsea Tinnitus Support Group will take place at 3:30pm on Tuesday 27 June, at Havelock Community Centre, 324 Fawcett Road, Southsea, PO4 0LQ. The group plans to meet on the last Tuesday of the month going forward.

It is estimated that over 24,000 people experience tinnitus in Portsmouth and Southsea alone, and 7.6 million people across the UK - around 1 in 7 adults.

Facilitated by volunteer Mona Southorn, who is a Tinnitus UK befriender, the aim of the group is to give people experiencing tinnitus and/or hyperacusis (sound sensitivity) the opportunity to meet and connect with each other in a calm and caring environment.

Mona said: "My aim in starting a local support group is to create a space where no one feels that they should suffer alone, and where the shared experience allows for a greater understanding".

Southsea Tinnitus Support Group is supported by Tinnitus UK. Emily Ducker, Tinnitus UK Volunteer and Support Group Officer, commented: "Being with other people who have tinnitus, listening to their experiences and how they manage it, can be a huge help to people who are struggling with their tinnitus. It is amazing seeing the difference it can make, 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 seven 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.

Emily 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 everyone understand more about the condition and its effect."

For more information contact Mona on mona.southorn@gmail.com or contact the Tinnitus UK helpline on 0800 018 0527.

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Press Contact

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Notes to Editors

Tinnitus is the sensation of hearing a sound when there is no external source for that sound. Someone with tinnitus may hear ringing, buzzing, hissing, whistling or other noises. Tinnitus can be there all the time or come and go. The volume of someone's tinnitus can vary from one episode to the next.

Tinnitus comes in many types, but Tinnitus UK is here for everyone living with tinnitus.

We are striving for a world where no one suffers with tinnitus.

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That’s why we provide free support to anyone with tinnitus or caring for someone with tinnitus.

That’s why we are leading the charge for more investment in tinnitus research.

That’s why we are connecting the research community to people living with tinnitus to ensure those searching for new treatments and a cure understand the impact of tinnitus on everyday lives.

That’s why we work with healthcare professionals to ensure you receive the right information to manage your tinnitus.

For every seven adults in the UK, one will have tinnitus. Think about that the next time you’re in the supermarket, on the bus, or walking down the street. Tinnitus affects 7.6 million people in the UK – with 1.5 million of them having severe tinnitus.

To everyone living with tinnitus our message is clear – your struggle is our cause.

tinnitus.org.uk

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