New Support for Tinnitus Sufferers in York

Friday 23 February, 2018

23/02/2018 A new group to support local people with tinnitus is being formed in York. Tinnitus affects one in ten adults in the UK, and there are an estimated 20,800 people with the condition in the City of York area alone, of whom over 2000 find it significantly affects their quality of life.

The first meeting will take place on 2 March 2018 (and then every other month) 2.00pm -4.00pm at Yorsensory, Wilberforce House, 49 North Moor Road, Huntington, York YO32 9QN. Colette Bunker, Volunteer and Support Group Manager from the British Tinnitus Association will be on hand to talk to people about tinnitus and the help and support available.

Cathy Woodward from Yorsensory said: ""The Wilberforce Trust is pleased to be adding the Tinnitus Support Group to its growing range of services and support for adults with sight and hearing loss in York, under its Yorsensory banner. The group aims to connect people living with tinnitus, share experiences and inspiration for coping with tinnitus and explore practical ways of managing tinnitus for example via technology and relaxation."

Colette 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 Cathy Woodward from Yorsensory on 01904 760037 or C.Woodward@wilberforcetrust.org.uk to register your interest.

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.

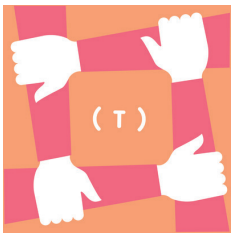
The BTA is the primary source of support and information for people with tinnitus in the UK, facilitating an improved quality of life.

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 360,000 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 half a million pounds 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.

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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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