New support group for tinnitus sufferers in Dulwich

Monday 23 May, 2022

A new group to support local people with tinnitus is being formed in Dulwich. The first meeting of the Dulwich Tinnitus Support Group will take place 6.30 – 8.00pm on Monday 20 June, upstairs in the private room of the Palmerston East Dulwich, 91 Lordship Lane, East Dulwich, London SE22 8EP.

Tinnitus affects 34,000 adults in the London Borough of Southwark alone, and 7.1 million people across the UK - around 1 in 8 adults.

Facilitated by local volunteer and registered hearing aid audiologist Koorosh Nejad, who has tinnitus himself, 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.

Koorosh said: “When it rains, look for rainbows, when it's dark look for stars. Dulwich Tinnitus Support Group (DTSG) has been formed to connect those with tinnitus in southeast London. Through regular social gatherings, we learn from each other, we share our experiences, and we find stars.”

Dulwich 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, including family and friends. For more information contact Koorosh on 07598 857638 or Dulwich.Tinnitus@gmail.com

- Ends -

For more information

Nic Wray, Communications Manager

British Tinnitus Association

nic@tinnitus.org.uk

0114 250 9933

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.

Related Sectors:

Charities & non-profits :: Health ::

Related Keywords:

Tinnitus :: Support Group :: British Tinnitus Association :: Audiologist :: Dulwich :: London ::

Scan Me:

- 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.

Website: www.tinnitus.org.uk

Twitter: @BritishTinnitus

Facebook and Instagram: @BritishTinnitusAssociation

LinkedIn: British Tinnitus Association

British Tinnitus Association, Unit 5 Acorn Business Park, Woodseats Close, Sheffield S8 0TB

The British Tinnitus Association is a registered charity. Registered charity number 1011145.

Company Contact:

Tinnitus UK

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

View Online

Newsroom: Visit our Newsroom for all the latest stories:
https://www.bta.pressat.co.uk