# New support group for tinnitus sufferers in Earby

**Thursday 15 September, 2022**

A new group to support local people with tinnitus is being formed in Earby. The first meeting of the Earby Tinnitus Support Group will take place from 7:15pm on Tuesday 4 October, at the Parish Rooms, 8 Victoria Road, Earby, Barnoldswick BB18 6US.

It is estimated that over 16,000 people experience tinnitus in the Craven District and Pendle Borough alone, and 7.1 million people across the UK - around 1 in 8 adults.

Facilitated by local volunteer Chris Nolan, who has tinnitus himself, the aim of the group is to inform and empower people living with tinnitus, supporting them to manage their condition better through peer-to-peer support and information and advice from talks and presentations by guest speakers.

Chris Nolan said: "The group will be a peer support group where we will be able to discuss living with tinnitus, looking at what we can do to alleviate the noise and pain of the condition, including avoiding spikes, dealing with them if they happen, and looking at treatments and equipment and discussing their benefits and pitfalls."

Earby Tinnitus Support Group is supported by the British Tinnitus Association (BTA). Sara Henderson, BTA Interim Volunteering and Support Group Officer, commented: “Being among other people who have tinnitus, listening to their experiences and how they manage it, can be a tremendous help to people who are struggling with their tinnitus. I witness this first-hand when attending group meetings. 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 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.

Sara 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 Chris on EarbyTinnitusSG@BTInternet.com or follow the group on Facebook

**- Ends -**

**For more information**

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**Notes to Editors**

**About the British Tinnitus Association**

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## Related Keywords:

Tinnitus :: Support Group ::
Earby :: Pendle :: Craven ::
British Tinnitus Association ::

## Scan Me:

- 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.

Website: www.tinnitus.org.uk

Twitter: @BritishTinnitus

Facebook and Instagram: @BritishTinnitusAssociation

LinkedIn: British Tinnitus Association

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

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