New support group for tinnitus sufferers in Macclesfield

Monday 27 June, 2022

A new group to support local people with tinnitus is being formed in Macclesfield. The first meeting of the DSN Cheshire East Tinnitus Support Group will take place 2.00 – 4.00pm on Thursday 7 July, at DSN, 27 Bridge Street, Macclesfield, Cheshire, SK11 6EG.

It is estimated that over 42,000 people experience tinnitus in Cheshire East alone, and 7.1 million people across the UK - around 1 in 8 adults.

Facilitated by local volunteer Richard Turner, who has tinnitus himself, and DSN's Community Engagement Officer Erica Jones, 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.

Erica Jones said: "DSN is so excited to launch the new Tinnitus Support Group starting in July. It is a service we have not offered in the past, but with the support of new volunteer Richard Turner, who lives with tinnitus himself, funding from Waitrose Alderley Edge and of course support from the British Tinnitus Association, we can't wait to welcome people through the doors."

DSN Cheshire East 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 Richard Turner or Erica Jones on 0333 220 5050 or dsn@dsnonline.co.uk

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For more information

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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

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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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