New support group for tinnitus sufferers in Torbay

Wednesday 12 October, 2022

A new group to support local people with tinnitus is being formed in Torbay. The first meeting of the Torbay Tinnitus Support Group will take place 10:00am to 12:00 noon on Monday 24 October, at Jasmyn House, 1 Midvale Road, Paignton TQ4 5BD.

It is estimated that over 15,000 people experience tinnitus in Torbay alone, and 7.1 million people across the UK - around 1 in 8 adults.

Facilitated by Bevis Taylor from the Torbay and South Devon NHS Sensory Team, the aim of the group is to inform and empower people living with tinnitus, giving them the opportunity to discuss coping strategies, share experiences, and support each other through living with tinnitus.

Bevis said: "The group will be a peer support group where we hope people can make new friends and learn from each other."

Torbay 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 Bevis on bevistaylor@nhs.net or call 01803 219782 or 07770 684008.

- Ends -

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

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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

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

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