New tinnitus support group comes to Borehamwood

Thursday 24 January, 2019

24 January 2019 A new group to support local people with tinnitus is being formed in Borehamwood. The first meeting will take place between 7:30 – 9:30pm Friday 25 January, at Maxwell Park Community Centre, Maxwell Road, Borehamwood WD6 1JJ. then it is hoped the group will meet monthly.

The group is being organised by Maxine Frost, who has tinnitus herself, with support from the British Tinnitus Association.

Says Maxine: “After living in hope whilst undergoing tests, CT angiograms, scans and numerous appointments for specialists the outcome was that nothing medical could be done for me ... I was on my own. I didn't want to be on my own, I wanted to connect with other sufferers. I discovered my nearest support group was a bit too far away: there was nothing for it but to try and set up a group in my local area.”

Colette Bunker, BTA Volunteer and Support Group Manager comments: “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. 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 Maxine at tinears@outlook.com or call the British Tinnitus Association on 0114 250 9933.

Ends

Editors Notes

The BTA is an independent charity which supports 645,000 people per year who experience tinnitus and advises medical professionals from across the world. It is the primary source of support and information for people with tinnitus in the UK.

• The BTA needs to raise £800,000 each year to continue their UK wide support. Donations can be made via **www.tinnitus.org.uk/donate**

• 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. For around 10% of people with tinnitus, the condition has a significant impact on their quality of life, often linked to stress, anxiety or depression.

For more information

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