# New tinnitus support group comes to Calderdale

**Wednesday 17 November, 2021**

**17 November 2021:** A new group to support local people with tinnitus is being formed in Brighouse to support people with tinnitus. The first meeting will take place 6.30 – 8.00pm Monday 29 November, at the Salvation Army, 33 King Street, Brighouse HD6 1 NX. Caroline Savage from the British Tinnitus Association will be at the meeting to talk about the work the organisation does to support people with tinnitus.

It is estimated that over 22,500 people experience tinnitus in the Calderdale district alone, and 7.1 million people across the UK - around 1 in 8 adults.

Facilitated by local audiologist Sally Jackson from Hearing and Tinnitus Care, 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.

Sally says: “I am delighted to launch a tinnitus support group in my hometown of Brighouse, which is open to residents of Halifax and Huddersfield too. As an audiologist I have seen far too many people who have received a diagnosis, the over simplistic dread words ‘there’s no cure’ and no further support. We know that quality information and support can make a huge amount of difference to how people go on to manage tinnitus. Please don’t hesitate to take that step and contact us for details of how to join if you are struggling to cope with tinnitus”.

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.

All are welcome, but Sally would ask that you let her know if you would like to attend. She contacted by calling 01484 712281 or emailing sally@hearingandtinnitus.co.uk. The group are also on Facebook: Tinnitus Support Group – Brighouse.

**Ends**

**Press contact**

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**Notes to Editors**

- 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.
- 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

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## Scan Me:

LinkedIn: British Tinnitus Association

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

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