

## New tinnitus support group comes to Colchester

Thursday 25 October, 2018

**25 October 2018** A new group to support local people with tinnitus is being formed in Colchester. The first meeting will take place; 5:30 – 7:30pm Thursday 8 November, at North Colchester Healthcare Centre, Turner Road, Mile End, Colchester, CO4 5JR. then every second Thursday of the month ongoing.

The group is being organised by Todorina Hammond of Action on Hearing Loss, who says “For over four years I have been supporting a ‘Hear to help’ project across NE Essex and it seems that at every drop-in clinic there will be a question from the service users or their friends and relatives about tinnitus.

Usually, those people who have had their tinnitus diagnosed have been told there is nothing that can be done, and they are left with little or no support. My core aim is to bring together those people confronting tinnitus so they can affiliate to each other in a positive way, I am planning to invite guest speakers from different spectrums, including ENT professionals to alternative therapists practising mindfulness. I have received a great support from the BTA, so I feel the tinnitus support group will be able to reach many people living with the noise in silence.”.

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 Todorina at [Todorina.Hammond@hearingloss.org.uk](mailto:Todorina.Hammond@hearingloss.org.uk) or by phone on 07442 538 939

### 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](http://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 more information

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