New tinnitus support group comes to Leeds

Wednesday 2 October, 2019

(Interview and photo opportunities are available)

2 October 2019 A new group to support local people with tinnitus is being formed in Leeds to support people with tinnitus. The first meeting will take place 2.00pm – 3.30pm Friday 8 November, in the John Lewis Leeds Community Hub, which is on the fourth floor of the store in Victoria Gate, Harewood Street, Leeds LS2 7AR

The group is being organised by local volunteers Frank Rosenhead, Doug Whiteley and Janet Cox, who became interested in setting up a support group following BTA Tinnitus Information Sessions in the city.

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. 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.”

People are welcome to turn up on the day or to find out more about the group contact Frank at leedstinnitus@gmail.com or phone the BTA on 0800 018 0527

Ends

Editors Notes

- The BTA is an independent charity which supports over 1 million 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 £975,000 each year to continue their UK wide support. Donations can be made via
- **Tinnitus">www.tinnitus.org.uk/donate**
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For more information

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