New tinnitus support group comes to Whitehaven

Friday 26 July, 2019

26 July 2019 A new group to support local people with tinnitus is being formed in Whitehaven. The first meeting will take place 10.30am – 11.30am Tuesday 17 September, at Unit 10i (24 Wellness Club), Sneckyeat Industrial Estate, Sneakyeat Road, Whitehaven, CA28 8PF.

The group is being facilitated by Rebecca Kiggins and Vanessa Blacklock from local charity BID Services. Rebecca says "We offer support and a friendly welcome – tea, cake and coffee always supplied! Please join us and make friends from the local community. We will hold talks and theme days so it will be interesting as well."

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.”

If you would like to find out more, please contact the group organisers Rebecca and Vanessa, on 01768 868510 or hites@bid.org.uk

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
- **Not">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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