New tinnitus support group comes to Woking

Tuesday 10 March, 2020

10 March 2020: A new group to support local people with tinnitus, hyperacusis and/or mild to moderate hearing loss is being formed in Woking. The first meeting will take place 7.30pm – 9.15pm on Tuesday 21 April, at the Friends Meeting House, 41 Park Road, Woking GU22 7DB.

It is estimated that over 10,500 people experience tinnitus in Woking alone – approximately 1 in 8 adults.

Facilitated by local volunteer Jean Kenyon, 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.

Colette Bunker, BTA Volunteer and Support Group Manager - who will be speaking at the meeting - 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.”

All are welcome, and to find out more contact the group organiser, Jean Kenyon at jean@jeankenyon.plus.com or phone the BTA on 0800 018 05247

Ends

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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

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

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