New Tinnitus Support Group in the Highlands

Wednesday 2 June, 2021

A new group to support people with tinnitus across the Highlands is being formed, based in Cawdor. The first meeting will take place on Wednesday 16 June 2021 at 18.30, via the video chat platform Zoom due to the geographical scale of the area.

The group is being facilitated by local volunteer organisers Jane and Jon Lane. Jane was diagnosed with both tinnitus and hyperacusis (sound sensitivity) in 2015. She was keen to work with The British Tinnitus Association in setting up the group as she felt there was a real need for support across the Highland region where tinnitus affects an estimated 26,000 adults.

Jane said: “I have often felt quite alone and isolated with my tinnitus. It’s an unseen 24 hours-a-day disability and can lead to feelings of helplessness, depression and worse, as currently there is no cure. Having others to talk to, who fully understand the impact of the condition, has long been a desire.”

Jon added: “Jane often has to lip-read me as the variety of sounds in her head are often louder than my voice. I can’t imagine what it’s like to never enjoy silence in your head, but I hope by engaging with people, we can all learn ways to better support our partners.”

Colette Bunker, BTA Head of Services 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

Jane and Jon Lane via email on highlandstinnitussg@btinternet.com

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Editors Notes

About the British Tinnitus Association

The British Tinnitus Association is an independent charity and the primary source of information for people with tinnitus. It helps to facilitate an improved quality of life for people with tinnitus through a range of support options including support groups, a helpline and its website, while also taking steps to bring forward the day when tinnitus is cured. The charity works to inform and educate medical professionals and the community on what tinnitus is and how to manage it. The British Tinnitus Association wants “a world where no one suffers from tinnitus”. It wants to find better ways to manage tinnitus and, ultimately, to help find a cure. In 2020, the publication of its Tinnitus Manifesto led to more than 120,000 people signing a petition for more funding for tinnitus research to find cures.

Website: www.tinnitus.org.uk

Twitter: @BritishTinnitus

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