New Tinnitus Support in Forth Valley

Tuesday 20 April, 2021

A new group to support local people with tinnitus is being formed in Scotland's Forth Valley (covering Falkirk, Stirling and Clackmannanshire). The first meeting will take place on 27 April 2021 at 12 noon at via Zoom but hopefully future meetings can take place in person.

The group is being organised by Forth Valley Sensory Centre which has been supporting people with mild to severe hearing impairments for over 15 years. Groups and Activities Coordinator Linsey Stocks commented: "Tinnitus is a big issue for many people. The Centre supports people with all kinds of hearing impairment as well as blind and partially sighted people too.

"A number of medical conditions can affect sight and also hearing, with tinnitus being a common problem. We are delighted to be able to set up this new group to support those of all ages trying to cope with this particular issue. Thanks to British Tinnitus Association for their support in getting this off the ground. We hope it will be a great resource for the community."

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 Linsey Stocks by emailing linseystocks@forthvalleysensorycentre.org or online at www.forthvalleysensorycentre.org or through social media. Just search for Forth Valley Sensory Centre on Facebook or @FVSensoryCentre on Twitter.

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Notes to editor

About the British Tinnitus Association

- 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.

About Forth Valley Sensory Centre

Forth Valley Sensory Centre has been supporting people in Forth Valley with sensory impairment and

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their families for over 15 years. The Centre acts as a Community Hub, offering support, advice, practical help and social opportunities.

The overall objective of Forth Valley Sensory Centre, is to help people who have a sensory impairment live as independently as possible. The Centre is owned and run by Forth Valley Sensory Centre Trust, which is a partnership of RNIB Scotland, Action on Hearing Loss, NHS Forth Valley, Falkirk Council and Stirling Council.

The Forth Valley Sensory Centre Trust is a registered charity (SC034267) and a company limited by guarantee.

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