New Welsh online support group for tinnitus sufferers launches

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A new online support group to help Welsh-speaking people with tinnitus is being launched by the British Tinnitus Association. The first meeting will take place 7.00 - 8.30pm on Wednesday 23 March and every fourth Wednesday subsequently.

It is estimated that around 345,000 people experience tinnitus in Wales and 7.1 million people across the UK - around 1 in 8 adults.

Facilitated by volunteer Clare Young, who has tinnitus herself, 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.

Clare said: “I was diagnosed with tinnitus in 2000 after an operation was conducted on my ear drum. Over the years I have experienced a range of different sounds and as a result been through the process of attending countless ENT appointments. In recent years I have finally learnt how to manage and accept being able to hear my own brain speaking to itself! I now accept that it is just a part of me.

I have been a college lecturer in North Wales for the past 21 years therefore I understand the importance of being able to communicate in your native language. For this reason I decided to volunteer to start a support group through the medium of Welsh, to give Welsh speakers the opportunity to discuss their experiences with each other.”

The Gr?p Cefnogi Tinitws Cymraeg Ar-lein is supported by the British Tinnitus Association (BTA). Colette Bunker, BTA Head of Services, commented: “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. This group will hopefully mean that people feel less isolated due to being able speak to others in the same situation and in their preferred language.”

All are welcome. Spaces can be booked at
https://www.tinnitus.org.uk/welsh-online-tinnitus-support-group

Gr?p cymorth tinitws ar-lein Cymraeg: i unrhyw un sydd eisiau cymorth gyda'u tinitws neu i sgwrsio ag eraill amdano.

Am y digwyddiad hwn

Gr?p Cefnogi Tinitws Cymraeg Ar-lein

Gr?p cymorth cyfoedion sy’n cyfarfod ar y pedwerydd ar y dydd Mercher o bob mis ac a gyflwynir yn Gymraeg. Mi fydd y gr?p yn falch o groesawu aelodau newydd a’u teulu/ffrindiau.

Sylwch, fel gr?p cymorth cyfoedion, nid yw hwn yn amnewid cynllun rheoli tinitws unigol ac ni ellir rhoi cyngor meddygol unigol yn y cyfarfodydd. Mae llawer o bobl yn teimlo fod rhannu eu profiadau ag eraill, a chynnig awgrymiadau ar yr hyn sy'n gweithio iddynt, yn ddefnyddiol iawn.

Pryd mae'r gr?p yn cyfarfod?

4ydd dydd Mercher o bob mis, 7:00-8:30yh (GMT)

Pwy ddylai fynychu?

Gan y bydd y cyfarfodydd yn cael eu cyflwyno yn Gymraeg, bydd angen i gyfranogwyr allu siarad a deall Cymraeg

Unrhyw un sy'n cael trafferth gyda'u tinitws

Unrhyw un sy'n rheoli ei tinitws ac sydd am rannu awgrymiadau/cyngor ag eraill

Anogir aelodau o'r teulu a/neu ffrindiau'r rhai sy'n mynychu i ymuno hefyd

Pwy fydd yn rhedeg y cyfarfod?

Clare Young, Gwirfoddolwr BTA - Gwirfoddolwr BTA gyda phrofiad o dinitws

“Cefais ddiagnosis o tinitws yn 2000 ar ôl llawdriniaeth ar drwm fy nghlust. Dros y blynyddoedd rwyf wedi profi ystod o synau gwahanol ac o ganlyniad wedi bod trwy'r broses o fynychu apwyntiadau ENT di-ri. Yn y blynyddoedd diwethaf rwyf wedi dysgu, o'r diwedd, sut i reoli a derbyn gallu clywed fy ymennydd yn siarad ag ef ei hun! Rwy’n derbyn yn awr mai dim ond rhan o bwy ydw i ydi tinitws. Ymwelais â gwefan BTA yn wreiddiol i ddysgu mwy am tinitws ond yn y diwedd cymerais ran mewn astudiaeth celf tinitws ar-lein. Fe wnes i fwynhau bod yn rhan o'r astudiaeth hon gan ei fod nid yn unig wedi fy helpu i ddelweddu fy nhinitws fy hun ond hefyd wedi rhoi'r cyfle i mi siarad â phobl eraill sy'n byw gyda thinitws. Dysgodd i mi nad ydw i ar ben fy hun a bod gan bawb profiad eu hunain. Rwyf wedi bod yn ddarlithydd coleg yng Ngogledd Cymru am y 21 mlynedd diwethaf felly rwy’n deall pwysigrwydd gallu cyfathrebu yn eich mamiaith. Am y rheswm yma penderfynais wirfoddoli i gychwyn gr?p cefnogi trwy gyfrwng y Gymraeg, er mwyn rhoi cyfle i Gymry Cymraeg drafod eu profiadau gyda’i gilydd.”

Beth sydd angen i chi fynychu?

Cyfrifiadur, llechen, neu ffôn clyfar gyda'r ap Zoom wedi ei lwytho

Parodrwydd i gyfranogi a rhannu profiadau gydag eraill yn y gr?p

Yn ddelfrydol, man tawel, preifat gydag ychydig iawn o wrthdyniadau

Bwcio lle: https://www.tinnitus.org.uk/welsh-online-tinnitus-support-group

- Ends -

Notes to Editors

For more information

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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. Their website is www.tinnitus.org.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

Twitter: @BritishTinnitus

Facebook and Instagram: @BritishTinnitusAssociation

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

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