Selby Tinnitus Support Group seeks new members.

Monday 12 March, 2018

It is calculated that over 7100 people in Selby alone have tinnitus, and over 700 of those find it severely impacts their quality of life. However, the local tinnitus support group in Selby is struggling with low numbers and is seeking new people to come along. Says group organiser and volunteer Sarah: "I am passionate about helping people in my local community with tinnitus. The meetings are a friendly and relaxed way to help with the support you need."

The next meeting will take place at 6.30 – 8.30pm, Wednesday 19 March at Jubilee Hall, Jubilee Road, Wistow, Selby YO8 3YP.

Colette Bunker, BTA Volunteer and Support Group Manager comments: “Being among people who have tinnitus, listening to their experiences and how they have managed to handle things, is a tremendous help for the individual. 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 sarah.tinnitus@gmail.com or call the BTA on 0114 250 9933

Ends

Editors Notes

The British Tinnitus Association (BTA) is an independent charity which supports thousands of people who experience tinnitus and advises medical professionals from across the world.

The BTA is the primary source of support and information for people with tinnitus in the UK, facilitating an improved quality of life.

They aim to encourage prevention through its educational programme and to seek effective treatment for tinnitus through a medical research programme.

The support the BTA offers to over 362,000 people per year who are affected by tinnitus is reliant upon the generous donations of their supporters and fundraisers. They receive no government support and need to raise half a million pounds each year to continue their UK wide support. Donations can be made via 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. Troublesome tinnitus can be very distressing for the affected individual, and issues may arise with sleep, concentration and mood. However, in many cases, subtle changes in people’s environment can address these issues, and improve quality of life.

The experienced team at the BTA understands the impact that tinnitus can have on the lives of those who experience tinnitus and those who live with them, so seeks to provide the most appropriate and expert advice and information free of charge – via a confidential freephone helpline on 0800 018 0527 and online at www.tinnitus.org.uk. The BTA can also post printed and audio information and advice.

Visit the BTA’s Facebook page at www.facebook.com/BritishTinnitusAssociation and follow the BTA on

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