Talking tinnitus at Stowmarket Royal British Legion Women's Section

Friday 3 January, 2020

03 January 2020 An expert from the British Tinnitus Association (BTA) will be speaking at the January meeting of the Stowmarket Royal British Legion Women's Section. The meeting will take place at 7.30pm on Wednesday 15 January at Stowmarket Royal British Legion Club, 8 Tavern Street, Stowmarket IP14 1PH.

Nic Wray, BTA Communications Manager will be giving a talk about what tinnitus is, how to manage it, the work the BTA does to support those who experience the condition and the latest research the BTA has conducted into the impact of tinnitus on military veterans.

Nic comments: "I look forward to coming to Stowmarket and raising awareness of tinnitus and the work that the British Tinnitus Association does in helping people lead the best life they can, and to reduce the burden of living with this condition. I am also excited to be sharing news from our recently completed research into the impact of tinnitus on former military personnel with Royal British Legion members, as this was funded by The Royal British Legion from the Aged Veterans Fund, funded by the Chancellor using LIBOR funds."

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 people experience persistent tinnitus. It is estimated that over 11,000 people experience tinnitus in the Mid Suffolk district alone. 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.

Nic adds: "Although tinnitus is incredibly common, it is not often talked about. Tinnitus can be an isolating condition, and we're keen to spread the word that there are management techniques which can help, and support available."

BTA Tinnitus Helpline 0800 018 0527 or helpline@tinnitus.org.uk

Ends

Editors Notes

- The BTA is an independent charity which supports over 1 million people per year who experience tinnitus and advises medical professionals from across the world. It is the primary source of support and information for people with tinnitus in the UK.
- The BTA needs to raise £975,000 each year to continue their UK wide support. Donations can be made via
- **Tinnitus">www.tinnitus.org.uk/donate**
- 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 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.
- About 1 in 3 people will experience tinnitus at some point in their life. Over 7.5 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 are around 1.05 million GP consultations for tinnitus in the UK each year, and tinnitus costs the NHS £750 million annually, with a cost to society of £2.7 billion per year.
- The number of people living with tinnitus in the UK is set to rise by more than half a million people by 2028

For more information

Nic Wray, Communications Manager

nic@tinnitus.org.uk

Media:



Related Sectors:

Charities & non-profits :: Health ::

Related Keywords:

Tinnitus :: Stowmarket :: Suffolk :: British Tinnitus Association :: Suppport :: Research :: Royal British Legion ::

Scan Me:

0114 250 9933

Kerry Chase, Head of Communications 0114 250 9933

kerry@tinnitus.org.uk

British Tinnitus Association

Ground Floor Unit 5 Acorn Business Park

Woodseats Close

Sheffield, S8 0TB

Company Contact:

Tinnitus UK

T. 0114 250 9933
E. nic@tinnitus.org.uk
W. https://www.tinnitus.org.uk

View Online

Additional Assets:

Newsroom: Visit our Newsroom for all the latest stories:
https://www.bta.pressat.co.uk