Tinnitus charity expert comes to Southampton tinnitus support group

Monday 10 February, 2020

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10 February 2020: An expert from the British Tinnitus Association (BTA) will be speaking at the next meeting of the Southampton tinnitus support group. The meeting will take place 6.30pm – 8.30pm Tuesday 17 March, at Southampton Sight, 3 Bassett Avenue, Southampton SO16 7DP.

It is estimated that 27,000 people experience tinnitus in the city of Southampton alone – approximately 1 in 8 adults.

The group enables 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.

Colette Bunker, BTA Volunteer and Support Group Manager will be giving a talk about the work the BTA does to support those who experience the condition, the latest research, and answering questions from members.

Colette comments: “I am looking forward to coming to Southampton and speaking with the tinnitus support group. The support group facilitators and volunteers here create a welcoming, friendly environment for attendees and strive to provide the best support and advice they can. They do a great job by giving up their free time to help the tinnitus community.”

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. Many people aren’t troubled by sounds they hear, but for around 20%, the condition has a significant impact on their quality of life, often linked to stress, anxiety or sometimes depression. One in seven people with tinnitus have had suicidal thoughts.

Colette adds: “Tinnitus can be an isolating condition, and we’re keen to spread the word that there are management techniques which can help a person lead the best life they can, and to reduce the burden of living with this condition.”

If you would like to find out more, please contact the group organisers on southampton.tinnitus@gmail.com

Ends

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Notes to Editors

- 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.

Website: www.tinnitus.org.uk

Twitter: @BritishTinnitus

Facebook and Instagram: @BritishTinnitusAssociation

LinkedIn: British Tinnitus Association

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

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