Tinnitus expert comes to Ystradgynlais Hard of Hearing Group

Thursday 29 August, 2019

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29 August 2019 An expert from the British Tinnitus Association (BTA) will be speaking at the next meeting of the Ystradgynlais Hard of Hearing Group The meeting will take place 1.00pm – 3.00pm Thursday 19 September at The Library, Temperance Lane, Ystradgynlais, Swansea, SA9 1JJ.

The group, hosted by the Wales Council for Deaf People enables people with hearing loss to meet others with the condition, share useful tips on coping methods and find out what help is available.

Colette Bunker, BTA Volunteer and Support Group Manager will be discussing how to manage tinnitus, and achieve habituation and talking about the work the BTA does to support those who experience the condition.

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.

Colette comments: "I will also be speaking with the attendees and organisers about developing the tinnitus support side of the group. Having tinnitus can be an isolating experience, and we're keen for people to have the chance to meet others who are living with the condition. We know that support groups can really help a person lead the best life they can, and we'd like to see something similar in the town for tinnitus sufferers."

If you would like to find out more, please contact Lucy Payne at the Wales Council for Deaf People at lucy@wcdeaf.org.uk or 01443 485687 or Colette Bunker at the BTA on colette@tinnitus.org.uk or 0114 250 9933.

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Editors Notes

- The BTA is an independent charity which supports 645,000 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 £800,000 each year to continue their UK wide support. Donations can be made via
- **Not">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.

For more information

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