Tinnitus Information Day aims to help East Anglian sufferers

Tuesday 27 March, 2018

27 March 2018 The British Tinnitus Association (BTA) will be visiting East Anglia for the first time, bringing the next in their series of FREE Tinnitus Information Days to Norwich. Already more than 50% booked, the event will be held at Norwich City Football Club on Saturday 21 April 2018.

David Stockdale, Chief Executive of the BTA, said: “We know that East Anglia has a rich and varied heritage with an excellent music scene. It also had a proud industrial and agricultural heritage. We also know that excessive noise exposure is the leading cause of tinnitus. We estimate more than 600, 000 adults in the East of England experience tinnitus, and for 10% of them – that’s more than 60,000 people – it will have a serious impact on their quality of life. Through our Tinnitus Information Day, we hope that as many of these people as possible will benefit from increased knowledge of tinnitus and how to manage the condition as well as from improved local support.”

The day will feature presentations from renowned tinnitus experts including Colchester based ENT Consultant Don McFerran and Consultant Psychologist Laurence McKenna, as well as the opportunity to sample taster sessions including mindfulness, tai chi and relaxation which can help with managing tinnitus.

As the UK’s only charity solely dedicated to supporting people with tinnitus the programme aims to reduce stress, confusion, isolation, improve wellbeing and help people to cope with their condition.

Attendees will be able to come along and find out:

- Basic facts about tinnitus
- The impact of tinnitus
- Treatments available for tinnitus
- Stress management
- Relaxation
- Local tinnitus services

Alongside the BTA, there will also be an exhibition with stands from a range of organisations, all with ideas on how to support and manage individual’s tinnitus.

Thanks to funding from the National Lottery through the Big Lottery Fund, this event is free of charge to attend.

Light refreshments and lunch will be provided free of charge.

Comments from participants of previous Tinnitus Information Days include:

- “The day was way beyond my expectations. I will concentrate on having the best life I can.”
- “I wish I could have heard all this 20 years ago.”
- “I would absolutely recommend this day to anyone I know suffering with tinnitus.”
- “Completely changed my perception of tinnitus.”

The Tinnitus Information Day will take place at Norwich City Football Club, Carrow Road, Norwich NR1 1JE on Saturday 21 April 2018. Places are free but limited so attendees must register – visit www.tinnitus.org.uk/norwich to secure your place. Alternatively, please contact Emily Ducker on 0114 260 9933 or email emilyd@tinnitus.org.uk

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.

Media:



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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 360,000 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.justgiving.com/BTA

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 Twitter at www.twitter.com/BritishTinnitus

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