Tinnitus Information Day aims to help Gloucestershire tinnitus sufferers

Tuesday 22 May, 2018

22 May 2018 The British Tinnitus Association will be visiting Gloucestershire for the first time, bringing the next in their series of FREE Tinnitus Information Days to Cheltenham. Set to attract a large audience, the event will be held at the Jurys Inn, Gloucester Road, Cheltenham, GL51 0TS on Saturday 2 June.

David Stockdale, Chief Executive of the BTA, said: “We estimate more than 125,500 adults in the Gloucestershire alone experience tinnitus, and for 10% of them – that’s more than 12,500 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 Tony Kay and Dominic Bray as well as the opportunity to sample taster sessions including mindfulness, tai chi and yoga 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

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 generous support from the James Tudor Foundation and The Steel Charitable Trust, this event is free of charge to attend. Light refreshments and lunch are included.

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 the Jurys Inn, Gloucester Road, Cheltenham, GL51 0TS on Saturday 2 June 2018. Places are free but limited so attendees must register – visit www.tinnitus.org.uk/cheltenham 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.

The support the BTA offers to 335,000 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

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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.

For more information

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