Tinnitus Information Day aims to help Nottinghamshire sufferers

Friday 29 September, 2017

29 September 2017 The British Tinnitus Association will be holding the next in their series of FREE Tinnitus Information Days in Nottingham. Set to attract a large audience, the event will be held at the Hilton Hotel, Milton Street on Saturday 11 November.

David Stockdale, Chief Executive of the BTA, said: “We know that Nottinghamshire has a rich and varied musical heritage with an excellent music scene. It also had a proud industrial heritage. We also know that excessive noise exposure is the leading cause of tinnitus. We estimate more than 92, 000 adults in the Nottingham and Nottinghamshire area experience tinnitus, and for 10% of them – that’s more than 9,200 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 which may help with managing tinnitus. We know that family and friends play a big part in supporting tinnitus sufferers, so we are introducing a special session for them and would warmly encourage them to attend with their loved one.

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 the local support group will be on hand, as well as an exhibition with stands from a range of different organisations, all with ideas on how to 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 the Hilton Hotel, Milton Street, Nottingham on Saturday 11 November 2017. Places are free but limited so must be reserved – visit http://bit.ly/2gGmrIM to secure your place. Alternatively, please contact Emily Ducker on 0114 260 9933 or email emilyd@tinnitus.org.uk or visit www.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.

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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 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.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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