Tinnitus support group from Aintree University Hospital hits the Gold Standard

Wednesday 25 September, 2019

(Interview and photo opportunities are available)

25 September 2019 A tinnitus support group which meets at Aintree University Hospital has become one of the first groups in the country to be awarded the Gold Standard for tinnitus support groups by the British Tinnitus Association (BTA).

The group, led by Head of Audiology Services Tony Kay and Deputy Head of Service Gaynor Chittick, enables people with tinnitus 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 said: “A group has to meet a number of criteria to be considered a BTA Gold Standard group. These criteria are designed to ensure groups are working hard to be inclusive, encouraging peer-to-peer interaction and are providing people with accurate and up-to-date information in a safe and friendly environment.”

Group leader Tony Kay said: “To have the Gold Standard endorsement from the BTA, the leading charity for tinnitus information and support in the UK, demonstrates our commitment to providing additional information and support to our patients.”

Colette commented: “We know that support groups can really help a person lead the best life they can, and Tony and the team at Aintree are dedicated to helping people overcome the distress tinnitus can cause, and we are delighted to be able to recognise their hard work.”

If you would like to find out more about the group, please contact Tony Kay at audiology@aintree.nhs.uk or 0151 529 0328 or Colette Bunker at the BTA on colette@tinnitus.org.uk or 0114 250 9933.

Ends

Editors Notes

- The BTA is an independent charity which supports over 1 million 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 £975,000 each year to continue their UK wide support. Donations can be made via
- **Tinnitus">www.tinnitus.org.uk/donate**
- 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.

For more information

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