Tinnitus support group from Keighley hits the Gold Standard

Monday 23 September, 2019

(Interview and photo opportunities are available)

23 September 2019 A tinnitus support group which meets at Airedale General Hospital in Keighley 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 senior audiologist Katie Davenport, 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 Katie Davenport said: “We have applied for the Gold Standard as we are very proud of our group. We have been running our group for over five years and we get a lot of positive feedback from our group members who feel that our group gives them a lot of support and new information.”

Colette commented: “We know that support groups can really help a person lead the best life they can, and Katie and the volunteers in Keighley 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 Katie Davenport at katie.davenport@anhst.nhs.uk or 01535 293646 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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