Tinnitus support group from Warwick hits the Gold Standard

Wednesday 25 September, 2019

(Interview and photo opportunities are available)

25 September 2019 A tinnitus support group which meets at Warwick 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 audiologists from the hospital's audiology department, 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."

Audiologist Nasir Rashid said: "I feel like we are providing quite a valuable service to our community in Warwick. We have tried hard to organise relevant speakers and try to meet the requests in this regard from our members. We have adhered to all recommendations and standards of the BTA. We have also delivered our own audiology led presentations and these have been very well received by the group. With all this in place I hope this positive feedback from the BTA will serve as great publicity and encourage others to join and benefit from the service."

Colette commented: "We know that support groups can really help a person lead the best life they can, and the team at Warwick 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 the audiology department at Warwick Hospital on 01926 482668 or visit www.swft.nhs.uk/our-services/adult-hospital-services/audiology-hearing. Alternatively, contact 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

Nic Wray, Communications Manager

nic@tinnitus.org.uk

0114 250 9933

British Tinnitus Association

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Scan Me:

Ground Floor Unit 5 Acorn Business Park

Woodseats Close

Sheffield, S8 0TB

Company Contact:

Tinnitus UK

T. 0114 250 9933
E. nic@tinnitus.org.uk
W. https://www.tinnitus.org.uk

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