Tinnitus Support Group Launches in Woking

Tuesday 25 July, 2017

A new group to support local people with tinnitus is being formed in Woking. The first meeting will take place on Wednesday 23 August 2017, 7-9pm at The Library, Old Woking Community Centre, Sundridge Road, Woking, GU22 9AT.

The group is being organised by local volunteer Oliver Fox who says: “I have had tinnitus for many years and recently started to worry that it would worsen as I get older and how I would cope with it. The BTA provided lots of useful advice and materials to reassure me, but one of the big areas they need help with is people supporting each other; so I agreed to set up a group for Woking and the surrounding area. To help me with this, the BTA sent me on some training where I met healthcare professionals and other people with tinnitus. Before this I had never spoken to anyone about how the condition affects me, but being around people who understand and have their own perspective was very helpful. I hope the Woking Support Group can provide similar reassurance to other people with tinnitus.”

Dave Carr, BTA Volunteering and Engagement Manager comments: “Being among people who have the problem, listening to their experiences and how they have managed to handle things, is a tremendous help for the individual. I witness this first hand when attending group meetings. It is amazing seeing the difference it makes to people, especially those who have recently been diagnosed.”

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. 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.

Dave adds: “Tinnitus can be an isolating condition, with friends and family struggling to understand how it feels to adapt to the presence of loud or persistent noises. Some people choose to bring a partner or family member to the meetings, which can often help both parties understand more about the condition and the experiences or behaviours it can bring.”

If you would like to find out more, please contact Oliver on 07970 931 090 or wokingtinnitusgroup@gmail.com

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 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.

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