Tinnitus support groups from Shropshire hit the Gold Standard

Wednesday 4 December, 2019

(Interview and photo opportunities are available)

4 December 2019 Tinnitus support groups which meets in Shrewsbury and Telford have become two of the first groups in the country to be awarded the Gold Standard for tinnitus support groups by the British Tinnitus Association (BTA).

The groups, facilitated by local charity Signal and the Audiology department at the Shrewsbury and Telford Hospital NHS Trust, 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.”

Sarah Thomas, Signal’s Volunteer and Peer Support Coordinator said: “I am very proud of our friendly, inclusive groups. When I saw that Signal could apply for the British Tinnitus Association's Gold Standard, I thought that this was the perfect opportunity to showcase the excellent support our volunteers offer for people experiencing tinnitus in Shrewsbury and Telford. Achieving Gold Standard Tinnitus Support status is acknowledgement of the hard work from all of the volunteers involved in running the group. We hope to provide Gold Standard Support Groups in more towns across Shropshire in the near future.”

Colette commented: “We know that support groups can really help a person lead the best life they can, and the team at Signal and the Shrewsbury and Telford Hospital 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 Sarah Thomas on 01743 358 356 or sarah@signal.org.uk.

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 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.
- About 1 in 3 people will experience tinnitus at some point in their life. Over 7 million adults in the UK are living with persistent tinnitus, and for 10% of them, it can severely impact their quality of life, affecting sleep, mood, concentration, employment and relationships.
- There are around 1.05 million GP consultations for tinnitus in the UK each year, and tinnitus costs the NHS £750 million annually, with a cost to society of £2.7 billion per year.
- The number of people living with tinnitus in the UK is set to rise by more than half a million people by 2028

For more information

Nic Wray, Communications Manager

nic@tinnitus.org.uk

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Scan Me:

0114 250 9933

Kerry Chase, Head of Communications 0114 250 9933

kerry@tinnitus.org.uk

British Tinnitus Association

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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