

New support group for tinnitus sufferers in Dulwich



PUBLISHED MAY 23, 2022
BY [PRESSAT](#)

A new group to support local people with tinnitus is being formed in Dulwich. The first meeting of the Dulwich Tinnitus Support Group will take place 6.30 – 8.00pm on Monday 20 June, upstairs in the private room of the Palmerston East Dulwich, 91 Lordship Lane, East Dulwich, London SE22 8EP.

Tinnitus affects 34,000 adults in the London Borough of Southwark alone, and 7.1 million people across the UK - around 1 in 8 adults.

Facilitated by local volunteer and registered hearing aid audiologist Koorosh Nejad, who has tinnitus himself, the group will enable people with tinnitus to meet others with the condition, hear useful tips on coping methods, find out what help is available and hear about the latest research.

Koorosh said: “When it rains, look for rainbows, when it's dark look for stars. Dulwich Tinnitus Support Group (DTSG) has been formed to connect those with tinnitus in southeast London. Through regular social gatherings, we learn from each other, we share our experiences, and we find stars.”

Dulwich Tinnitus Support Group is supported by the British Tinnitus Association (BTA). Colette Bunker, BTA Head of Services, commented: “Being among people who have tinnitus, listening to their experiences and how they manage it, can be a tremendous help. 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. Around one in eight adults experience persistent 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.

Colette 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."

All are welcome, including family and friends. For more information contact Koorosh on 07598 857638 or Dulwich.Tinnitus@gmail.com

Press release distributed by Media Pigeon on behalf of Pressat, on May 23, 2022. For more information subscribe and [follow us](#).

Press Contacts

- 1. Alison Lancaster**
Editorial
editorial@pressat.co.uk
-

Media Assets

Embedded Media

Visit the [online press release](#) to interact with the embedded media.

<https://mediapigeon.io/newsroom/pressat/releases/en/new-support-group-for-tinnitus-sufferers-in-dulwich-19102>

Pressat

Newsroom: <https://mediapigeon.io/newsroom/pressat>

Website: <https://pressat.co.uk/>

Primary Email: wire@pressat.co.uk

Social Media

Twitter - <https://twitter.com/pressat/>

Facebook - <https://www.facebook.com/pressatuk/>

Linkedin - <https://www.linkedin.com/company/pressat-co-uk/>
