

New support group for tinnitus sufferers in Earby



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A new group to support local people with tinnitus is being formed in Earby. The first meeting of the Earby Tinnitus Support Group will take place from 7:15pm on Tuesday 4 October, at the Parish Rooms, 8 Victoria Road, Earby, Barnoldswick BB18 6US.

It is estimated that over 16,000 people experience tinnitus in the Craven District and Pendle Borough alone, and 7.1 million people across the UK - around 1 in 8 adults.

Facilitated by local volunteer Chris Nolan, who has tinnitus himself, the aim of the group is to inform and empower people living with tinnitus, supporting them to manage their condition better through peer-to-peer support and information and advice from talks and presentations by guest speakers.

Chris Nolan said: "The group will be a peer support group where we will be able to discuss living with tinnitus, looking at what we can do to alleviate the noise and pain of the condition, including avoiding spikes, dealing with them if they happen, and looking at treatments and equipment and discussing their benefits and pitfalls."

Earby Tinnitus Support Group is supported by the British Tinnitus Association (BTA). Sara Henderson, BTA Interim Volunteering and Support Group Officer, commented: "Being among other people who have tinnitus, listening to their experiences and how they manage it, can be a tremendous help to people who are struggling with their tinnitus. I witness this first-hand when attending group meetings. It is amazing seeing the difference it can make, 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.

Sara 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 Chris on EarbyTinnitusSG@[BTInternet.com](mailto:EarbyTinnitusSG@BTInternet.com) or follow the group on Facebook

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