









NEW Tinnitus Support Group

Tinnitus is defined as a noise in the head or ears which has no external source, known cause, or current cure. 10% of UK adults have tinnitus, with one in ten going on to report severe effects on their quality of life including depression, anxiety, stress and sleep deprivation.

DEAFvibe, a successful well-known registered Charity, recently awarded the Queen's Award for Voluntary Services, 2014 have set up a Tinnitus Support Group as part of its on-going development.

The aims of the group are:

-  To give support and advice to people with Tinnitus
-  Educate those who experience Tinnitus and offer support to their families, friends and carers
-  To offer anyone affected by Tinnitus the opportunity to meet others in a supportive environment.
-  To provide opportunities for members to share ideas about coping with Tinnitus
-  To provide up-to-date information through meetings and support literature
-  To receive information from DEAFvibe HUB on the latest equipment which can give support to those with Tinnitus
-  To encourage members of the group to participate in DEAFvibe activities.
-  To encourage members to become interactive within the group to assist in its future development.

The First meeting will take place at Bradwell Lodge Community Centre, Bradwell Lane, ST5 8PS on Thursday 13th November from 10am until 12.00 including 15 minute break. Thereafter Held 2nd Thursday of each month 10.00am till 12.00

Membership fee £2.50 per session
Light refreshments will be available from 9.45am

Proposed Activities:

Introduction to DEAFvibe
Relaxation therapy
Group counselling
Private counselling by appointment
Looking at ways of self-help
Introduction to different hobbies
Introduction to colour sounds
Guest speakers
Question & Answer session with an Audiologist
More activities are planned for 2015