

Notice about the Tinnitus Support Group at the NDA

Starting from January 2015, we are making a slight adjustment to the way we run our support group. We will still be meeting once a month for talks, workshops and discussions, but we will also be benefitting from Tinnitus Clinics run by Audiologists from the Norfolk and Norwich University Hospital. Four times a year, the TSG meeting will be led as a clinic session by a hearing therapist - in the first instance, Claire Gatenby (Chief Hearing Therapist), who many of you will have met before either at the hospital or the TSG.

To help us manage these meetings more effectively, we will be asking you to let us know in advance if you are planning to attend. A booked attendance will be needed for all meetings, but is paramount for the NNUH Tinnitus Clinics, as these will have limited availability.

Please note that from 1 January 2015, you will need to

- **phone (01603 404440)**
- **write (120 Thorpe Road, Norwich, NR1 1RT) or**
- **email (tinnitus@norfolkdeaf.org.uk)**

to book a place at all TSG meetings.

The meetings will still be at the NDA offices, and will still be on a selection of days and times, as was requested by those of you who kindly completed the questionnaire we sent out in 2014.

Dates for your diary:

Thursday 15th January, 2015

6:30pm - 8:00pm

The NDA Tinnitus Support Group will be hosting a talk on **sleep management for people with tinnitus**, presented by Claire Gatenby, Chief Hearing Therapist from the Audiology Department of the Norfolk & Norwich University Hospital. This talk will provide helpful advice and techniques on how to get a better night's sleep for people with tinnitus

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Thursday 12th February, 2015

6:30pm - 8:00pm

The NDA Tinnitus Support Group will be hosting a talk on **relaxation and stress management for people with tinnitus**, presented by Claire Gatenby, Chief Hearing Therapist from the Audiology Department of the Norfolk & Norwich University Hospital. This talk will provide helpful advice and techniques on relaxation and stress management for people with tinnitus.

Wednesday 4th March 2015

2:30pm - 4:30pm

'Everything you wanted to know about tinnitus, but were afraid to ask'. This meeting will be an opportunity to ask questions and learn more about tinnitus from one of the UK's leading experts. Presented by Dr David Baguley, Consultant Clinical Scientist and Head of Service (Audiology/Hearing Implants) at Cambridge University Hospitals NHS Foundation Trust.

Monday 20th April, 2015

7:00pm - 8:30pm

Annette James from Timeout Therapies will be presenting a talk and demonstration on the benefits of **using aromatherapy to help manage tinnitus**.

I look forward to receiving booking requests from you for these meetings.

Finally, on behalf of everyone here at the NDA, may I wish you a very Merry Christmas, and a happy and healthy New Year.