

## Other NDA Services

- Hearing Support Service
- Befriending
- Assistive Technology Clinic
- Hearing Loss Awareness Training
- BSL courses and practice group

## Volunteering for the NDA

The NDA relies on volunteers who work on the mobile clinic and our other services and make a difference to the lives of deaf and hard of hearing people across Norfolk.

## Friends of the NDA

You can become a Friend of the NDA and keep up with our events and activities while helping us to continue delivering our services all over Norfolk.

## Assistive Listening Technology Clinic

Assistive Listening Technology clinics are held at our Meridian Way offices each Thursday between 10am and 1pm and by appointment on Tuesdays. We offer free impartial advice and allow you to try phones, loops, personal listeners and alerting devices.

## Contacting the NDA

For further information about our services or to volunteer:

**14 Meridian Way  
Meridian Business Park  
Norwich  
Norfolk NR7 0TA**

Phone: 01603 404440 (voice/minicom)

Fax: 01603 404433

email: [nda@norfolkdeaf.org.uk](mailto:nda@norfolkdeaf.org.uk)

**Norfolk Deaf Association**

Charitable Company Limited by Guarantee registered in England and Wales. No. 07966408  
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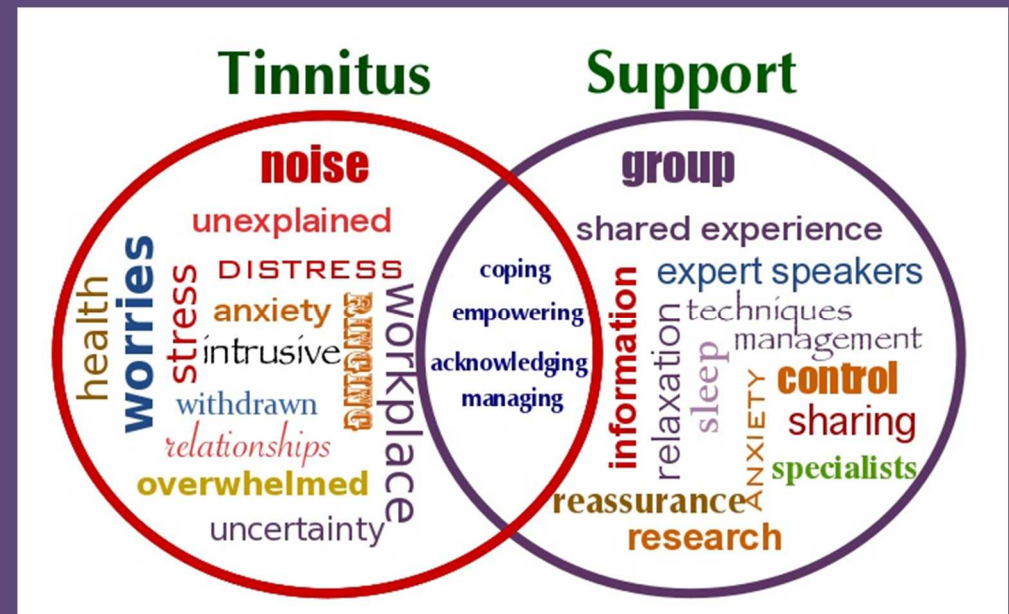
# Norfolk Deaf Association



## Tinnitus Support Group

Timetable 2018

- An holistic approach to helping you live with tinnitus
- Acknowledgement of the reality of your experience
  - Mutual support within the group
  - Regular expert speakers on tinnitus
  - Information about current research



[tinnitus@norfolkdeaf.org.uk](mailto:tinnitus@norfolkdeaf.org.uk)

**14 Meridian Way, Norwich NR7 0TA**

## Tinnitus Support Group Events Calendar July – December 2018

Date	Time	speaker	subject
July 19th	2.30- 4.30	Dr Magdalens Sereda	Sound Therapy
August 16th	6:30 – 8:30	Open Session	This is an open session for individuals, their friends, partners or family members who want to discuss how tinnitus effects their lives. Trained counsellors will be on hand for emotional support
September 20 <sup>th</sup>	2.30pm – 4.30pm	Claire Gatenby Chief Therapist Audiology Department NNUH.	Sleep management and relaxation
October 18 <sup>th</sup>	2.30pm – 4.30pm	Vaitheki Maheswaren Action on Hearing Loss	Discuss about tinnitus mechanisms, the therapies available, how to seek help and look at any current research
November 15 <sup>th</sup>	2.30pm – 4.30pm	Nic Wray British Tinnitus Association	BTA updates about their work
6 <sup>th</sup> of December	2.00pm – 4.00pm	Annette Time Out Therapies.	Annette will teach you how to give a simple back, shoulder and neck massage without oils for stress relief. She will also talk about essential oils and their benefits. Annette will give you an aromatherapy blend to take home.

To find out more, please email [tinnitus@norfolkdeaf.org.uk](mailto:tinnitus@norfolkdeaf.org.uk)