

Other NDA Services

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

Norfolk Deaf Association

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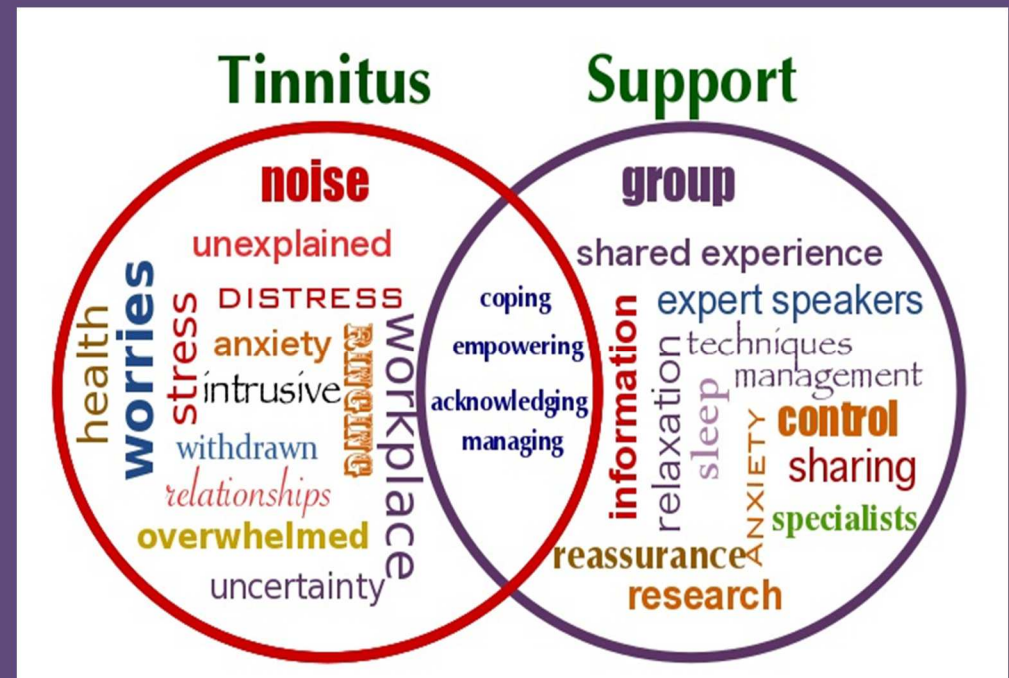
Norfolk Deaf Association



Tinnitus Support Group

Timetable January – June 2019

- 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

14 Meridian Way, Norwich NR7 0TA

Tinnitus Support January -- June 2019

Date	Time	Speaker	Topic
January 17	2.00 - 4.00 pm	Bibby Lewis	Relaxation and stress management
February 21	2.00 - 4.00 pm	Ivana Prekopova	Yoga for better sleep. An interactive session, mats will be provided
March 21	2.00 - 4.00 pm	Peter Shearer	Music as therapy
April 18	2.00 - 4.00 pm	Paul Fretter	Tia Chi for relaxation
May 16	2.00 - 4.00 pm	Janet West	How the Alexander technique can help
June 20	2.00 - 4.00 pm	Kathryn Frackrell	Research fellow from Nottingham Biomedical Research Centre. Talking about tinnitus and hyperacusis

Our Tinnitus Support Group meetings are always very popular and spaces are limited so please contact us to book your place.
To find out more, please email tinnitus@norfolkdeaf.org.uk