

# Plymouth Tinnitus Roadshow



## Event Guide



# Question & answer session

If you have a question you would like to ask our guest speakers, please write it on the post-it note provided and stick it to the flip chart by the door before 2pm.



## Please note

This session is not a substitute for personal medical advice. If you think you might need specific support, please get in touch with your GP or audiologist who can provide personal care. Alternatively, if you want to discuss tips for your specific experience of tinnitus, why not call our friendly helpline team on 0800 018 0527

# About the day

The aims of the day are to familiarise you on all aspects of the impact of tinnitus, draw attention to the therapy choices and have an opportunity to share information. To benefit fully from the day, it would be ideal to attend for the whole event and take part in the taster sessions.

Due to room sizes, we can only offer up to 40 places for yoga per taster session. Therefore, this will be allocated on a first-come-first-serve basis, and if you wish to join, please sign up at the Tinnitus UK stand in the lobby. The Yoga session will be repeated twice throughout the day, so if you've missed out on one, you can sign up for the other session.

## Mindfulness taster session - 10:50am

Ever wondered what mindfulness is all about and what it can do for you? Join us for a taste of this 5000-year-old science of the mind and learn how to stop, focus, clear the mind and simply know the joy of just being you, right here right now.

plym  
flow  
yoga

## Yoga taster session - 10:50am & 1:40pm

Join Catherine Faulconer, a local senior yoga teacher for a 25 minute seated yoga class specifically designed to help if you experience tinnitus.

Catherine has eleven years experience teaching several styles of yoga and is also a senior Physiotherapist with over 25 years experience.

These inclusive classes will incorporate gentle movements and breathing exercises to encourage blood flow and calm the nervous system.

## Starting and Growing Tinnitus Support Groups - 1:40pm

Tinnitus UK data shows that attending a Support Group is one of the most powerful ways to treat anxiety and isolation while building confidence and improving outcomes for people with tinnitus.

In this session, Tinnitus UK will guide you through starting and growing peer support groups in your area.

# Exhibitors

The exhibitors here today provide services and products that you might find helpful for managing your own tinnitus.

You might discover something new, or get tips to make the most of your current techniques!

A full list of exhibitors can be found at the end of this programme.



## Lunch & refreshments

Refreshments will be served in the main foyer area, and lunch will be served in the restaurant area.

## Communication support

A notetaker will be available throughout the day. If you would like to benefit from this service, please sit near the front of the room. They will be typing along with the speakers to capture the themes of the talks but they cannot provide a word for word account. A transcript is available after the event, please request it on your feedback forms.

**If you have any questions or concerns during the day, please do speak to a Tinnitus UK staff member (who will all be wearing name badges) and we will be happy to help.**



## Getting support from others

Many people say they benefit from being in touch with other people with tinnitus. Tinnitus can be an isolating and lonely condition so by getting in touch with other people with tinnitus, it can be made less so. Tinnitus UK recognises this, and we facilitate a number of ways people with tinnitus, their families and friends, can gain mutual support. Attending this event may be the first step you make to meeting others with tinnitus but you may also be interested in the other suggestions below:



**Tinnitus UK Forum:** [healthunlocked.com/tinnitus-uk](https://healthunlocked.com/tinnitus-uk)

The Tinnitus UK-moderated forum is an online discussion site where you can post messages, chat to others and get advice and support you can trust.

**Take on Tinnitus:** [tinnitus.org.uk/takeontinnitus](https://tinnitus.org.uk/takeontinnitus)

Our free online learning that gives you facts and ideas for things you can do to better manage your tinnitus

## Connect with the community on social media



@TinnitusUKcharity



@UK\_Tinnitus



@UK\_Tinnitus



@tinnitus.uk.chari



@TinnitusUK

## Support groups

Visit [tinnitus.org.uk/support-groups](https://tinnitus.org.uk/support-groups)

Support groups allow you to meet and get inspiration from others living with tinnitus, with talks and presentations from guest speakers.

For further details, please visit the Tinnitus UK table.

We would like to say a big thank you for coming along to the Tinnitus Roadshow today. We hope you have made the first step towards gaining a better understanding of your tinnitus.

**Together, we will beat tinnitus. You can beat tinnitus!**



# Tinnitus Roadshow Programme

**Saturday 4 October 2025**

**9.30**

**Registration with tea & coffee**

**10.00**

## **Introduction**

Danny Knight, Partnerships Manager, Tinnitus UK

**10.15**

## **Tinnitus – the basic facts**

Don McFerran, Retired ENT Consultant, global tinnitus expert and President of Tinnitus UK

**10.50**

## **Taster sessions**

Mindfulness, Yoga

**11.25**

## **The impact of tinnitus**

Dr Laurence McKenna, Clinical Psychologist and Honorary Clinical Lecturer, UCL Ear Institute

**12.00**

## **Lunch & exhibitors**

A chance to visit exhibitors' tables

**13.00**

## **Audiological and medical treatments for tinnitus**

Don McFerran, Retired ENT Consultant, global tinnitus expert and President of Tinnitus UK

**13.40**

## **Taster sessions**

Yoga

Starting and Growing Tinnitus Support Groups

**14.15**

## **Managing tinnitus related sleep problems**

Dr Laurence McKenna, Clinical Psychologist and Honorary Clinical Lecturer, UCL Ear Institute

**14.50**

## **Q&A**

**15.30**

## **Close**

# About the experts

## Don McFerran



**Don is an ENT Surgeon with a specialism in tinnitus and otology.**

After 37 years in the NHS he retired from clinical practice but is an active teacher and researcher. His most recent post was as a consultant in Colchester, Essex.

He has published widely on a diverse range of ENT topics and has co-authored two tinnitus books: one for professionals and one for people living with tinnitus and hyperacusis.

Don has served as a Professional Advisor and Trustee to Tinnitus UK, and we are incredibly grateful for his support. He is currently the President of Tinnitus UK.

## Laurence McKenna



**Laurence is a clinical psychologist with over four decades of experience.**

Working with individuals affected by audiological and vestibular disorders, including tinnitus, hearing loss, and balance problems.

After a distinguished training career in psychology and CBT, Laurence spent over 40 years at the Royal National ENT Hospital (UCLH) and now works privately following his retirement from the NHS.

He has written extensively on tinnitus and contributed to national guidelines. He has worked closely with Tinnitus UK for many years, and we are grateful for his expertise at the Roadshow.

# About Tinnitus UK

Tinnitus UK is a world leader in providing support and advice about tinnitus. The charity was formed in 1979 and has grown steadily since. From our base in Sheffield, we help and support the tinnitus community to achieve better tinnitus awareness

## How we help

Tinnitus UK works to help individuals with tinnitus understand more about their condition and provides advice on coping strategies and management techniques. We also work to raise awareness amongst the general public. We do this via:

- a confidential freephone helpline [0800 018 0527](tel:0800 018 0527)
- a confidential helpline email: [helpline@tinnitus.org.uk](mailto:helpline@tinnitus.org.uk)
- over 30 information leaflets, written by leading medical professionals
- Quiet, Tinnitus UK's member magazine, published annually
- our website [www.tinnitus.org.uk](http://www.tinnitus.org.uk) containing information and advice
- attending awareness raising events across the UK

**Tinnitus UK also works with medical professionals to improve treatments for tinnitus patients.**

## Ask us about:

- Counselling for Tinnitus Skills courses
- Entry-level Tinnitus Adviser Training courses
- The European Tinnitus Course, designed for experts
- Our Annual Conference, promoting research and professional development



## Membership

### For £30 a year, members of Tinnitus UK can enjoy:

- A Welcome Pack including a membership card and your own Tinnitus UK pin badge
- Free high-fidelity filtered earplugs, manufactured by the music experts at ACS Custom
- Join live webinars and ask your questions to the experts
- The latest tinnitus news and updates in monthly e-newsletters
- Receive your copy of our members' magazine
- Have your say during our AGM
- Discounts available via our website

## Become a Member

### Why become a member of Tinnitus UK?

As a member, you'll help to fund our vital support services, helping thousands of people each year when the onset of their tinnitus has left them feeling confused and scared.

Your donation will also help to fund potentially lifechanging research into tinnitus treatments and cures. Providing a beacon of hope for the millions of people across the UK who are living with tinnitus each and every day. Our members are able to shape our strategic priorities and influence the way we're governed by voting for our trustees.

You can become a Tinnitus UK member today by coming to see us on the Tinnitus UK stall and pay via credit/debit card, or send a cheque in the post made out to Tinnitus UK and sent to FREEPOST TINNITUS, or by scanning the QR code below.



**Become  
a member  
today!**

# Supporting Tinnitus UK

- ?** Did you know Tinnitus UK is the only UK charity solely dedicated to supporting people with tinnitus?
- ?** Did you know every day, Tinnitus UK spends £2,542 providing free support to individuals affected by tinnitus.
- ?** Did you know that we receive no government funding and rely on our generous donors and supporters to continue our work?

## Donations

Both one off and regular donations are key to our ability to continue to be able to make a real difference to people affected by tinnitus.

- £24** Could pay for our advisers to answer a helpline call
- £65** Could pay for our volunteers and support groups for one day
- £106** Could fund the whole organisation for an hour

## Donate online



This **six-session online programme** offers 60-minute interactive workshops with expert presentations, open discussions, and practical strategies, creating a supportive community for military personnel and veterans living with tinnitus.

## **Making Sense of the Noise: What's Really Going On?**

- Understand tinnitus and sound sensitivity clearly.
- Recognise common symptoms and causes relevant to military experience.
- Begin to identify personalised management strategies.

## **Mind Over Noise: Handling Stress, Anxiety & PTSD**

- Discover psychological methods, such as CBT and mindfulness.
- Manage stress, anxiety, depression, and PTSD effectively.
- Develop emotional coping strategies tailored to personal experiences.

## **Strengthening Your Defences: Holistic Tools & Resilience Strategies**

- Explore complementary therapies: nutrition, sleep hygiene, relaxation.
- Integrate holistic strategies into everyday routines.
- Build resilience through peer support and self-management planning.

## **Gear Up: Practical Tools to Tackle Tinnitus**

- Learn about effective medical and audiological treatments.
- Explore sound therapy, masking, and hearing devices.
- Gain practical tips for daily symptom management.

## **Dialling Down Sensitivity: Coping with Sound Intolerance**

- Identify triggers and understand why sensitivity occurs.
- Learn sound desensitisation techniques and environmental adjustments.
- Adopt effective coping skills for day-to-day life.

## **On the Horizon: Hope, Breakthroughs & the Future of Tinnitus Treatment**

- Stay informed on current research and breakthroughs.
- Understand emerging treatments and ongoing clinical trials.
- Gain optimism about future advances in tinnitus and sound sensitivity management.

## **Register for FREE today**

Limited places available. Register today to be the first to hear finalised course details and priority registration.

✉ [enquiries@veteranswelfaregroup.co.uk](mailto:enquiries@veteranswelfaregroup.co.uk)

🌐 [veteranswelfaregroup.co.uk/sound-off](https://veteranswelfaregroup.co.uk/sound-off)

Scan to register



Thank you to Lenire for supporting  
the Tinnitus Information Roadshow

**LENIRE®**  
soothe tinnitus

## Lenire is Proven with Real World Patients and in Clinical Trials

Lenire's clinically proven combination of tongue and audio stimulation retrains the brain to stop focusing on tinnitus. Lenire has been proven in large clinical trials and with real-world patients.

**90%**

90% of clinical trial patients had relief from tinnitus that lasted for at least 1-year after just 12-weeks of Lenire.1

**91.5%**

91.5% of real world patients got tinnitus relief after just 12-weeks of Lenire.2

**78%**

78% of real world patients got tinnitus relief after just 6-weeks of Lenire.2

Lenire is used from the comfort of home with guidance from a hearing care professional.

### What Real World Tinnitus Patients Say



"Lenire is a powerhouse of a treatment device for me."

Elliot, Engineering Executive



"I think devices like Lenire show that there is hope out there."

Vicki, Retired I.T. Manager



"Lenire is a game-changer. It is what I had been waiting for."

Bert, Volunteer Pilot



Lenire is available through leading hearing and tinnitus care professionals.

Visit [www.lenire.com/find-a-clinic](http://www.lenire.com/find-a-clinic)  
to start your treatment journey.

1. Conlon et al., Different bimodal neuromodulation settings reduce tinnitus symptoms in a large randomized trial, Sci Rep, doi.org/10.1038/s41598-022-13875-x (2022)
2. Mt Mahan, E., and Lim, H., Retrospective chart review demonstrating effectiveness of bimodal neuromodulation for tinnitus treatment in a clinical setting Commun Med (2025). <https://doi.org/10.1038/s43856-025-00837-3>

# Meet the exhibitors

**LENIRE®**

soothe tinnitus

**Lenire**

Clinically proven technology to help soothe tinnitus



**Veterans Welfare Group**

Support hub for personnel, veterans and families



**Improving Lives Plymouth**

Empowering and inspiring people in Plymouth

**Sonovo™**

**Sonovo**

Innovative sound therapy tech to help your tinnitus



**BSHAA**

Promoting excellent patient care in UK audiology



**Plymouth NHS Trust**

A specialist service for adults with tinnitus



**Byrom Audiology**

Nationally-trusted hearing services and solutions, based in South Yorkshire



**Tinnitus Support Groups**

Free support from others living with tinnitus