



Tinnitus Information Roadshow Programme

Saturday 31st May 2025

9.30

Registration, Tea/coffee

10.00

Introduction

Tinnitus UK

10.15

Tinnitus – the basic facts

Don McFerran - Retired ENT Consultant
Surgeon East Suffolk and North Essex NHS,
Colchester

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 Surgeon
East Suffolk and North Essex NHS, Colchester

13.40

Taster sessions

(Mindfulness, Yoga)

14.15

**Understanding and managing tinnitus related
sleep problems**

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

14.50

Q&A

15.30

Close