

Tinnitus Information 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 50 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. Both taster sessions 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

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.

These sessions will be delivered in the main hall.

Yoga taster session

Join Farah-Naz Khan, a Sheffield-based Clinical Hypnotherapist and Senior Yoga Therapist with over 25 years of experience in the wellness industry, for calming 30-minute sessions designed to ease tension, restore balance, and support individuals living with tinnitus.

These inclusive sessions incorporate gentle movements and focused breathwork to soothe the nervous system, alleviate stress, and foster deep relaxation. Whether you're new to yoga or a seasoned practitioner, this practice is thoughtfully tailored to leave you feeling refreshed, grounded, and at ease.

Visit the Tinnitus UK stand to get your free ticket.
These sessions will take place in the Mezzanine.



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

Lunch and refreshments will all be served in the main foyer area; You'll also find exhibitors to visit over the lunch break - please take time to visit them as they offer services and products that can help manage your tinnitus.

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

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

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



@TinnitusUK



@UK_Tinnitus



@UK_Tinnitus



@TinnitusUK

Support groups

Visit 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 information table.

We would like to say a big thank you for coming along to the Tinnitus Information 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 Information Roadshow Programme

Saturday 31st May 2025

9.30

Registration with tea & coffee

10.00

Introduction

Alex Brooks-Johnson, CEO of 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

(Mindfulness, Yoga)

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
- over 30 information leaflets, written by leading medical professionals
- Quiet, Tinnitus UK's member magazine, published annually
- our website 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:

- 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:

- live webinars and ask your questions to the experts
- The latest tinnitus news and updates in monthly e-newsletters
- Have your say during our AGM
- Discounts available via our website
- Our annual Quiet magazine with exclusive updates on research, tinnitus-related health concerns and stories from other people with tinnitus.

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. If you wish to become a member at a later date, please fill out your details on page 11.



**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



I want to help support people with tinnitus

I would like to make a donation to Tinnitus UK

- ☐ I would like to join Tinnitus UK as an individual member
- ☐ I would like to make a donation of £ _____
- ☐ I would like to receive more information about fundraising for Tinnitus UK
- ☐ I would like information about leaving Tinnitus UK a gift in my will
- ☐ I would like my donation to be treated as a Gift Aid donation and I have completed the declaration overleaf

☐ I enclose a cheque/PO for _____ made payable to Tinnitus UK

If you wish to pay by card, please call us on 0114 250 9933

Your details

Title: _____ Name: _____

Address: _____

Town/City: _____ Postcode: _____

Email: _____

Phone: _____

Gift Aid Declaration

Gift Aid makes your support go even further.

We can claim 25p for every £1 you donate - at no extra cost to you!

☐ Yes, I want Tinnitus UK to claim Gift Aid on this donation, any donation I make in the future and have made in the past 4 years

By ticking this box, I confirm that I am a UK taxpayer and understand that if I pay less income tax or capital gains in the current tax year than the amount of Gift Aid claimed on my donations it is my responsibility to pay the difference

Signature:

Date:

Keeping in contact with you

We're so grateful you'd like to help us create a world where no-one suffers with tinnitus. We'll use your details to keep you updated about new events, research breakthroughs, tinnitus news and other ways you can get involved with Tinnitus UK.

Using email helps keep costs down as postage costs skyrocket. Please tick below to confirm you're happy to hear from us:

☐ Email ☐ Phone ☐ Postage

For more information on how we use your personal information, you can read our privacy policy below. If you don't want to hear from us, or you change your mind about how we contact you, you can email fundraising@tinnitus.org.uk or call 0114 250 9933.

Tinnitus UK privacy policy : tinnitus.org.uk/privacy-policy

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 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. Mc 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



Byrom Audiology

Tinnitus specialists for Sheffield & South Yorkshire

Sonovo™

Sonovo

Innovative sound therapy tech to help your tinnitus



Holistic Hearing

Bespoke, independent care for tinnitus and hearing



BSHAA

Promoting excellent patient care in UK audiology



Chesterfield Royal Hospital

A specialist service for adults with tinnitus



Tinnitus Support Groups

Free support from others living with tinnitus