

Volume 36 2025

Quiet

Together on the Journey

Meet the people,
projects and
progress helping
everyone affected
by tinnitus

In this issue

New research
Expert advice
Tinnitus treatments
Real life stories

TINNITUS 

We would like to thank our corporate partners for their vital support.

We are really grateful to the following corporate partners who have supported us financially over the last year. Their contributions are essential to Tinnitus UK's work. With their partnership, we can more effectively address the pressing needs of the tinnitus community, and make a real difference in the lives of those we help. Their commitment is truly appreciated.

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We work with corporate partners in many ways to help us raise funds for our vital services. Please email fundraising@tinnitus.org.uk or call **0114 250 9933** to find out more.

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Message from the CEO

Welcome to our new Quiet magazine, the first since I've been here and the first thing to say is that I hope you like it!

I know how much this magazine means to so many people having spent time meeting many of you as we set about reviewing Tinnitus UK and putting together our new plans. Keeping a printed magazine was important to you, I heard that very clearly. I am always open to feedback and suggestions, it's how we learn and evolve, so please do get in touch if you have comments for us or ideas for future issues.

Leading one of the world's leading specialist tinnitus charities is an honor, privilege and a responsibility I do not take lightly. While we have been dealing with transforming the charity, I have been genuinely taken aback by the passion and commitment that so many people have for Tinnitus UK, and the BTA before that. Our work touches the lives of so many people, around 700,000 people a year come to us for information, advice, guidance and support. I'm delighted to report that in our first quarter of being able to measure the impact of our services, 75% of people reported positive or very positive outcomes such as understanding more about tinnitus and feeling more reassured. If you are interested in finding out more about our social impact, look out for our future report.

I hope you are in a good place on your tinnitus journey and that you find something in this magazine that helps in some way. I know how quickly this can change though, so please remember that we are here whenever you need us.

Enjoy the Quiet!

Alex Brooks-Johnson

Better Days Ahead

What New Research Is Telling Us: Latest Tinnitus Research from Newcastle University



At Tinnitus UK, we're proud to support research that gets us closer to answers and, ultimately, a cure. One of the most promising centres of research right now is Newcastle University, where exciting new insights are emerging.

Led by Dr Will Sedley, Chair of our Professional Advisory Committee, the team has been studying people in the early stages of tinnitus to better understand how it changes over time. With support from Tinnitus UK and RNID, researchers followed people who had recently developed tinnitus, tracking them over six months.

The good news? Most people in the study found their tinnitus became quieter and less distressing during those first few months. That alone offers real hope and the research also revealed changes in brain activity that could help us understand why tinnitus starts and how it might be treated.

The Newcastle team is also exploring how tinnitus and hyperacusis (sound sensitivity) relate to one another. Thanks to funding from RNID and the Wellcome Trust, they've found distinct brain patterns that suggest these are separate conditions, a big step towards more personalised care in the future.

And there's more: a new sound therapy, developed by the Newcastle team, has shown early promise. Delivered completely online without the need for clinical assessment, this approach could one day be offered as a low-cost, accessible app for people around the world. Initial results show small but meaningful improvements, and the team is now seeking further funding to build and test this tool.

Finally, Newcastle researchers are partnering with a specialist team at the University of Iowa, where advanced brain recordings from people undergoing epilepsy surgery are helping us get an unprecedented view into how tinnitus works in the brain.

Every breakthrough brings us closer to better treatments, better understanding, and a future where tinnitus is no longer a life-altering condition.

If you would like to take part in our research, please visit:
tinnitus.org.uk/take-part-in-tinnitus-research

On the Road Together:

Highlights from Sheffield & Falmouth

This summer, Tinnitus UK hit the road with two uplifting in-person events designed to inform, connect and empower communities living with tinnitus. From Yorkshire to Cornwall, we were met with packed rooms, open minds and generous hearts.

Thank You, Sheffield

Our first stop was Sheffield, where more than 100 attendees joined us for a full day of learning, support and community at our Tinnitus Information Roadshow. Held in the heart of the city, the event brought together people at every stage of their tinnitus journey, alongside experts and service providers from across the sector.

The day featured engaging taster sessions, including:

- Yoga for Tinnitus Management with Farah Khan of Interlude Hypnotherapy
- Mindfulness-Based CBT for Tinnitus led by psychologist Laurence McKenna

Visitors also explored our buzzing exhibition area, which included Lenire, Byrom Audiology, Sonovo and more. The day offered people a rare opportunity to ask questions, try new tools, and meet others who truly understand what it's like to live with tinnitus.

"When I arrived here and I walked in, I felt really quite emotional, because all of these people in here have tinnitus like me, and it's not just me on my own, and there actually is support out there if you reach out."



Hope in Falmouth

In July, we travelled to Falmouth for a special Cornwall edition of the Roadshow, held at the town's historic Municipal Buildings. This free event focused on practical help, emotional support and local connection, bringing together residents, clinicians and community leaders in one welcoming space.

Talks from professionals including K&M Hearing Solutions covered science, treatment options and management strategies tailored to local care pathways. Attendees left with real, practical advice - ranging from sound therapy to lifestyle tips, many of which could be accessed right there in Cornwall.

The event also shone a light on existing local resources, like the Cornwall Tinnitus Group based in Truro, and encouraged attendees to stay connected or even start new support groups in their communities.

As one attendee told us:

"It was so nice to meet other people with tinnitus... I might be more on the tinnitus spectrum than I realised!"

Another added:

"Interesting talks which gave me a lot to think about. Very well done by all."



What's Next

Dates and locations for 2026 will be announced soon, so keep an eye on the website.

All our Roadshow events are free and open to everyone, whether you're living with tinnitus, supporting someone who is, or simply curious to learn more.

To book your free place, visit tinnitus.org.uk/events

For local support, visit the support groups page: tinnitus.org.uk/support-groups

Let's keep the momentum going, together.

Advocacy wins & further research

Danny Knight, Research Lead

1. Advocacy in Action: Building Better Tinnitus Care

Tinnitus UK has continued to push for meaningful change in healthcare policy.

This year, we've worked with NHS England's audiology leadership to raise concerns highlighted in our Tinnitus Week Report: *'Ringing the alarm: The tinnitus care crisis'*. These conversations are beginning to shape early-stage plans for improving how tinnitus services are designed and delivered.

We're also part of the national conversation on audiology reform and recently contributed evidence to the Health and Social Care Select Committee.

While systemic change takes time, we're ensuring your voices are at the table.

2. Tinnitus and Sleep: Nap or Not?

If you've ever taken a nap only to wake up feeling like your tinnitus is worse, you're not imagining it.

New research led by Dr Robin Guillard suggests there's a link between nap-related sleep changes and tinnitus perception. In a controlled study of 37 people, researchers found that factors like snoring, sleep apnoea episodes, and nap duration increased tinnitus intensity post-nap.

No connection was found between this spike and physical movements (like jaw or neck tension).

Takeaway? Napping is fine but prioritising quality sleep and managing sleep-related conditions may help you avoid post-nap tinnitus spikes.

3. Neuromodulation: Real-World Results for Tinnitus Relief

One of the most exciting areas of tinnitus research right now is neuromodulation. A new real-world study has shown promising results for the Lenire device, a system combining sound and tongue stimulation.

In a clinical review of 200+ patients in Alaska, over 91% experienced a meaningful improvement in tinnitus after using Lenire for 12 weeks.

These findings echo earlier trials and support the growing consensus: bimodal neuromodulation is a treatment worth watching. It's not for everyone, but it may represent a meaningful step forward in tinnitus care.

4. Tinnitus on the Rise: The Audiologists' View

A new report from BIHIMA¹ offers a snapshot of audiology today - and tinnitus is a growing concern.

A third of UK audiologists surveyed said they've seen more cases of tinnitus in the past year. Many also noted a rise in younger people affected, often linked to headphone and earbud use.

Clinicians flagged NHS wait times, inconsistent care, and a lack of public awareness as key barriers to support.

As part of our mission, Tinnitus UK continues to advocate for better access, earlier intervention, and education on how to prevent tinnitus before it starts.

¹ www.bihima.com/bihimas-2024-5-audiologist-survey-report-reveals-mounting-priorities-and-urgent-need-for-reform-in-hearing-care

Clinical Q&A



Ask the Expert: Your Questions Answered

Patrick Morrison, Information, Advice and Guidance Manager

Our team of experts respond to some of the questions you've been asking lately.

Q: Is there a 'best' sound for masking tinnitus?

A: There's no one-size-fits-all, but many people find white noise or pink noise (like ocean waves, or soft rain sounds) helpful. The best sound is the one you can listen to comfortably without distraction or irritation.

Q: Does diet affect tinnitus?

A: While there's no universal "tinnitus diet", some people report sensitivities to caffeine or alcohol. Keeping a symptom diary can help you identify personal triggers.

Q: Should I go to my GP about my tinnitus?

A: Absolutely. They can rule out underlying causes and refer you to specialist support, such as audiology or ENT.

Leave a Legacy with Tinnitus UK

Leaving a gift in your will could transform the lives of people with tinnitus or lead to the breakthrough in research we desperately need.



If you would like to consider supporting Tinnitus UK as part of your legacy, please contact Otilie Scanlon from our team who will be able to support you.

Otilie@tinnitus.org.uk
0114 250 9933

Inside the UK's Leading Tinnitus Research Hub

This summer, members of the Tinnitus UK team visited the NIHR Nottingham Biomedical Research Centre (BRC) – the most prolific hub for tinnitus research in the world.

From developing new treatments to improving frontline care, the Nottingham BRC is working across disciplines to change what's possible for people living with tinnitus.

Turning Research into Real Support

During our visit, we heard about TinMan – a new project training NHS audiologists to offer CBT-informed care for tinnitus. Backed by strong early feedback, the aim is to close the gap between NICE recommendations and the support people actually receive.

We also learned about work to support GPs in understanding tinnitus better, and a study addressing the link between tinnitus and suicidal thoughts; an important step toward improving patient wellbeing across the board.

Big Ideas in Therapy

Researchers shared exciting updates on neuromodulation therapies, including trials using ultrasound and transcranial direct-current stimulation (tDCS). These early-stage treatments are showing real potential for reducing tinnitus symptoms in some people and the next step is to refine and personalise these tools.

A Data-Driven Future

The Nottingham team is also building a powerful resource to help drive progress: the Nottingham Hearing Bioresource. This growing data bank will support future breakthroughs by making it easier for researchers to develop and test new treatments.

Understanding tinnitus starts with defining what needs to be treated. From sleep disruption to loss of control, new insights are helping research focus where it matters most.

Leading the Way

There's no single solution yet, but the work happening in Nottingham offers real hope. Tinnitus UK is proud to support and share in this mission, putting patients at the center of progress.

Quick Facts - Tinnitus Research at Nottingham BRC:

- #1 globally for tinnitus research output (Expertscape)
- Over 200 research papers published since 2013
- Home to the Nottingham Hearing Bioresource – aiming to recruit 2,500 participants
- Research includes:
 - CBT-informed NHS care (TinMan project)
 - GP support and training tools
 - Neuromodulation therapies (ultrasound, transcranial direct-current stimulation (tDCS))
 - Cochlear implants and tinnitus
 - Patient-led outcome priorities
- Backed by NIHR, RNID, and Tinnitus UK.

Research Spotlight: Better Psychological Care for Tinnitus



By Carol MacDonald - PhD student and Research Associate at Hearing Sciences, School of Medicine, University of Nottingham and NIHR Nottingham Biomedical Research Centre (Hearing).

My core aim is to develop theory, evidence-based practice and service delivery in the psychological treatment of tinnitus. Across a range of research studies, I explore the experiences and needs of people who live with tinnitus, and also those of the audiologists and other health professionals who support them. My PhD topic is Tinnitus and suicide and I published a PhD study in 2023. I conducted a study on suicide prevention in NHS audiology. I am currently analysing data from recent interviews with people with tinnitus who have had suicidal ideation and/or behaviours, and I ran a survey to explore the experiences of suicide-related care in UK audiology of adults with tinnitus.

Many people with tinnitus experience significant impact and difficulties that are now recognised as tinnitus disorder¹ (tinnitus with emotional distress, cognitive dysfunction, and/or autonomic arousal, leading to behavioural changes and functional disability¹). CBT delivered by a psychologist shows robust evidence of benefit for tinnitus disorder and is highly recommended in clinical practice guidelines such as NICE (2020). Whilst all tinnitus patients should have equitable access to CBT, access to psychologists in the UK is extremely limited. The huge caseload of people who have tinnitus disorder (1 million people in the UK present each year to their GP with a primary complaint of tinnitus) is largely managed by audiologists (where care is not yet standardised and care access and experience for patients varies).

The No.1 Research Recommendation in the NICE tinnitus guidance is to evaluate clinical and cost effectiveness of a stepped care approaches and CBT-based interventions for tinnitus delivered by trained healthcare professionals other than psychologists. Audiologist-delivered CBT was also a top priority question arising for the James Lind Alliance Tinnitus Priority Setting Partnership.²

Since 2023, I have returned to the NIHR Nottingham Biomedical Research Centre TinMan research project (audiologist delivered CBT based treatment for tinnitus) in which I collaborated across a number of NIHR funded studies between 2015-2020. Currently, in collaboration with colleagues and NHS audiologists, Dr Derek Hoare and I are training audiologists and planning a randomised controlled trial to test the intervention against treatment as usual. The feasibility trial we ran to test the intervention³ showed successful outcomes, but that further development work was required. We found that patients valued this treatment, but that audiologists needed more training in the counselling skills needed to deliver it effectively.

As part of a development and evaluation study at NIHR BRC Nottingham, we have therefore refined the treatment manual and the training. Training now includes a three-day training course supplemented with training videos so that audiologists can revisit skills and techniques that are core to the treatment. We have run the three-day course successfully in Nottingham.

Now, we are evaluating the training to see how audiologists use the treatment in their practice, and to work with audiologists to design a large-scale randomised clinical trial of this treatment that will work in NHS audiology clinics. We've gathered feedback to refine our understanding to support delivery of the TinMan intervention, and the manual and training package, and I have been interviewing audiologists who attended the course.

This is the foundational work upon which we are building a clinical trial that addresses NICE's Number 1 priority tinnitus research question, and, we hope, better care for patients.

1 million people in the UK present each year to their GP with a primary complaint of tinnitus.

¹ DeRidder et al., 2021. ² Hall et al., 2013. ³ The TinMan study: feasibility trial of a psychologically informed, audiologist-delivered, manualised intervention for tinnitus: International Journal of Audiology: Vol 59, No 12.

Corporate Partnerships & Products

Support Your Ears – and Our Mission

Introducing Tinnitus UK's Corporate Members & Exclusive Offers

At Tinnitus UK, we're proud to partner with organisations that share our mission: a world without tinnitus. Whether it's protecting your ears at a gig, finding relief with cutting-edge therapies, or managing your tinnitus with sound-based solutions, these partners offer expert-led products and give back to support our vital work.

ACS

Custom Earplugs That Protect Without Compromise

We've teamed up with audio experts ACS Custom to bring you the Pacato 16: high-fidelity filtered earplugs designed especially for music lovers.

Whether you're at a gig, festival or club, these reusable earplugs reduce harmful noise while keeping sound clear and enjoyable. They're ready to use and easy to carry – and available directly from us.

£15.00 via the Tinnitus UK shop
International postage available (+£5). All proceeds support our services

Lenire

Groundbreaking Treatment Across the UK

Lenire is a clinically proven tinnitus treatment combining sound and tongue stimulation – known as bimodal neuromodulation.

Thanks to a growing number of clinic partnerships, it's now available in more locations than ever, including London, Durham, Aberystwyth, and Kenilworth.

Clinical trials have shown up to 91.5% of patients experience a significant reduction in tinnitus. The team behind Lenire also support Tinnitus UK by sponsoring awareness campaigns and expanding access to care across the UK.

Sonovo

Sleep-First Sound Therapy With a Purpose

Struggling to sleep? Sonovo creates sound therapy products like under-pillow bone conduction speakers to help people manage their tinnitus, especially at night. They're designed to be discreet, effective, and accessible – and are a brilliant choice for travel, students or anyone looking for non-medical relief.

And here's the best part: Sonovo donates 5% of every purchase to Tinnitus UK. That means you're supporting our work with every order.

Why This Matters

Every product purchased, every clinic partnership, and every donation from our corporate members helps Tinnitus UK do more. More research, more support, and more progress towards a world without tinnitus.

From protecting your ears at live events, to managing stress when travelling, or supporting students navigating tinnitus at school or university, these partnerships mean practical help today and hope for tomorrow.

For these deals and more head to our shop at www.tinnitus.org.uk/shop

Living Well with Tinnitus

Your seasonal guide to staying balanced and well through the colder months

As the seasons shift and routines change tinnitus can sometimes feel more noticeable, but small, mindful adjustments can make a big difference. Here are a few practical tips for navigating autumn and winter with confidence.

Back to Class

Whether you're returning to education or supporting someone who is, now's the time to prioritise hearing health. Consider:

- Using noise-cancelling headphones in shared spaces
- Taking short breaks in quiet environments
- Letting staff or tutors know if you need additional support

Travel and Holidays

Planning an autumn getaway or festive travel? Pack smart:

- Bring earplugs for flights and loud environments
- Build quiet rest time into your plans

- Download sound therapy apps or soothing playlists for use on the go

Cold Weather and Cosy Nights

Colder months often mean more time indoors. Make your environment calming and supportive:

- Try gentle background noise, like soft music or a fan, to reduce focus on tinnitus
- Seasonal sounds like wind or rain can be especially relaxing
- Maintain a regular sleep routine, using warm drinks, low lighting and screen-free time before bed.

For more information, please visit tinnitus.org.uk/how-we-can-help or call us on **0800 018 0527**

Soothe your tinnitus day or night, with the world's first 24/7 tinnitus relief device.



Wearable sound therapy to ease tinnitus - **with nothing in your ears.**

No Bluetooth, no WiFi, no mobile app - **for use wherever, whenever.**

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Tinnitus Relief. All Day. All Night.



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30 Day Money-Back Guarantee: full refund if there's no relief.

Community Voices

Real stories from people living with tinnitus. sharing hope, strength, and connection through lived experience.

"Great support group which really made me understand how I'm not alone suffering with Tinnitus. I stopped feeling totally alone with feelings that no one understands me and braver in 'reintegrating' with family and friends which I was struggling with. Excellently run by a Senior Audiologist who clearly has a true interest and understanding how debilitating Tinnitus can be."

Robin - Warwick support group attendee

"Thank you for existing. Thank you for your holistic approach to this 'condition'. Thank you for being such a crucial part of the next that held me up and reassured me in crisis. I have joined your organisation and the forum. Thank you and keep going."

Sam - Member

"I truly appreciate the time you took to explain the connection between tinnitus and anxiety, and to offer so many helpful suggestions and resources. It means a lot to know that I'm not alone in dealing with this and that there are supportive tools and people available to help."

Julia - Service user

"I woke up early one morning not long after the tinnitus had begun and was desperate for help then I found the local tinnitus help group on my phone so I contacted them by text straight away. Looking back now some 18 months later I believe that this first step was the most important step towards recovery and acceptance. I received a

response from someone in the group within 10 minutes. I had been in the depth of despair and that wonderful response gave me hope and strength to believe that I could overcome this. I knew it would take time but today tinnitus lives with me but doesn't control and define me and I am now really enjoying my life again and my retirement. Thank you Southsea Tinnitus Support Group"

Jo - Support group attendee

I appreciate more than words the passion and importance of this organisation.

Member and Sheffield support group attendee.



Musicians & tinnitus

Spotlight On: The Tinnitus Support Group for Musicians

Are you a musician living with tinnitus? You're not alone — there's a place for you in our community.

Whether you're just starting to navigate tinnitus or you've been managing it for years, our dedicated peer support group for musicians and entertainment professionals is here to help. It's a space to connect with people who understand, those whose careers and passions have been affected by tinnitus, and who want to share the highs, lows and tips that have helped them along the way.

What to Expect

This is a **peer-led support group**, not a replacement for clinical care, and it's a powerful way to find connection, solidarity and practical advice. Come along, listen in, or share your own experience. Everyone is welcome.

Who's It For?

- Professional or retired musicians with tinnitus
- Anyone working in the music or entertainment industries
- Those at higher risk of tinnitus through exposure to loud sound

Led By Musicians, For Musicians

This group is facilitated by long-time Tinnitus UK volunteers and musicians **Rupert Brown** and **Tim Bricheno**.

How to Join

- The group runs via Zoom
- You'll need a phone, tablet or computer with the app installed
- Just bring your experience and a willingness to connect

Find out more and register at: tinnitus.org.uk/musicians

Online support groups

Online support groups offer flexible support from the comfort of your own home.

Find out more at tinnitus.org.uk/support-groups

Inspiring Impact

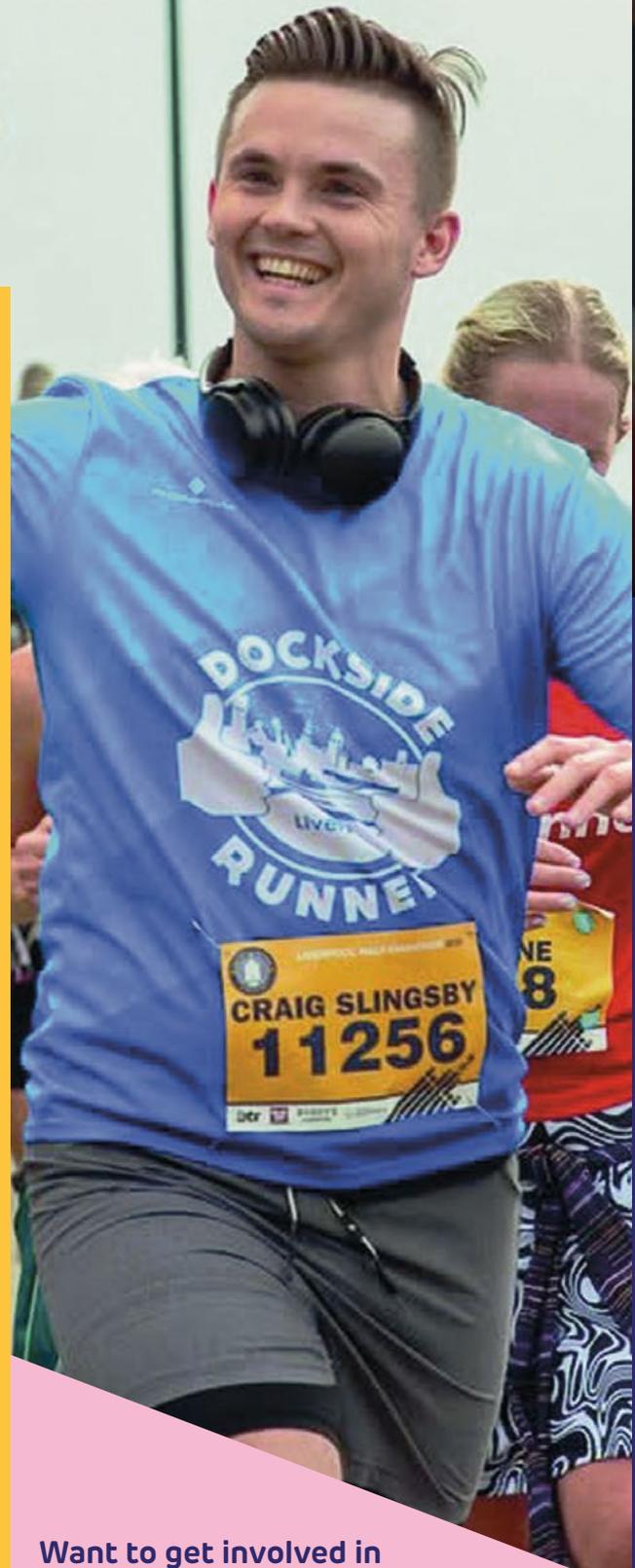


James takes on the Yorkshire Three Peaks for Tinnitus UK

A huge congratulations to James Clark, who recently completed the Yorkshire Three Peaks Challenge to raise money for Tinnitus UK. Living with tinnitus for over five years, along with hyperacusis and misophonia, James finds peace in nature and distraction in sport. Taking on 25 miles and over 7,000 feet of ascent across Ingleborough, Wharfedale and Pen-y-Ghent, James powered through rocky terrain to support our work and raise awareness for the 7.6 million people in the UK affected by tinnitus. We're so proud of James and grateful for his support, every step he took helps us move closer to better care and hope for the future.

Craig runs the Great North Run for Tinnitus UK

A huge thank you and congratulations to Craig Slingsby, who successfully completed the Great North Run this September in support of Tinnitus UK. After developing tinnitus at just 24, Craig faced a life-changing journey, adapting to constant ringing, disrupted sleep, and anxiety around everyday sounds. Determined to turn his experience into action, Craig ran to raise both awareness and vital funds for tinnitus research and support.



Want to get involved in raising funds for Tinnitus UK? Email: fundraising@tinnitus.org.uk or call: 0114 250 9933

Regular giving

Your support means that we can keep supporting, researching and preventing tinnitus, and ultimately create a world without tinnitus.

Donate today by visiting tinnitus.org.uk/make-a-regular-gift



A Listening Ear: Inside the Tinnitus UK Helpline

Every day, our dedicated team listens, supports, and guides people through the challenges of tinnitus.

We caught up with Helpline Adviser, Sarah, to learn what it's like to be on the frontline of Tinnitus UK's support.



Why do you work to help others with tinnitus?

I have tinnitus myself, alongside some other health conditions, and I wholeheartedly feel that Helplines are so important to provide information and guidance at times when people need reassurance. Tinnitus can feel overwhelming, especially initially, and I believe it is really important to provide a safe space for people to discuss their concerns so they can receive accurate and up to date information.

What is a typical day on the helpline?

Helpline is open from 10am-4pm, Monday to Friday. We answer queries on Helpline, but also via webchat, email and SMS. Each day, and call, is very different and can range from asking for information about finding a local support group to asking for guidance on getting some support from medical professionals. Patrick, Ruairidh and myself work across the services and we are also very grateful to have some fantastic volunteers who support us.

What are the most common questions you get asked?

Will it get easier? Is there anything that can help? The answer to these questions is yes. Tinnitus can, and does, get better and become easier to live with. It is often a case of trying to access the appropriate support and find ways to manage that work well for you. It is not necessarily an easy, or linear path but it is possible.

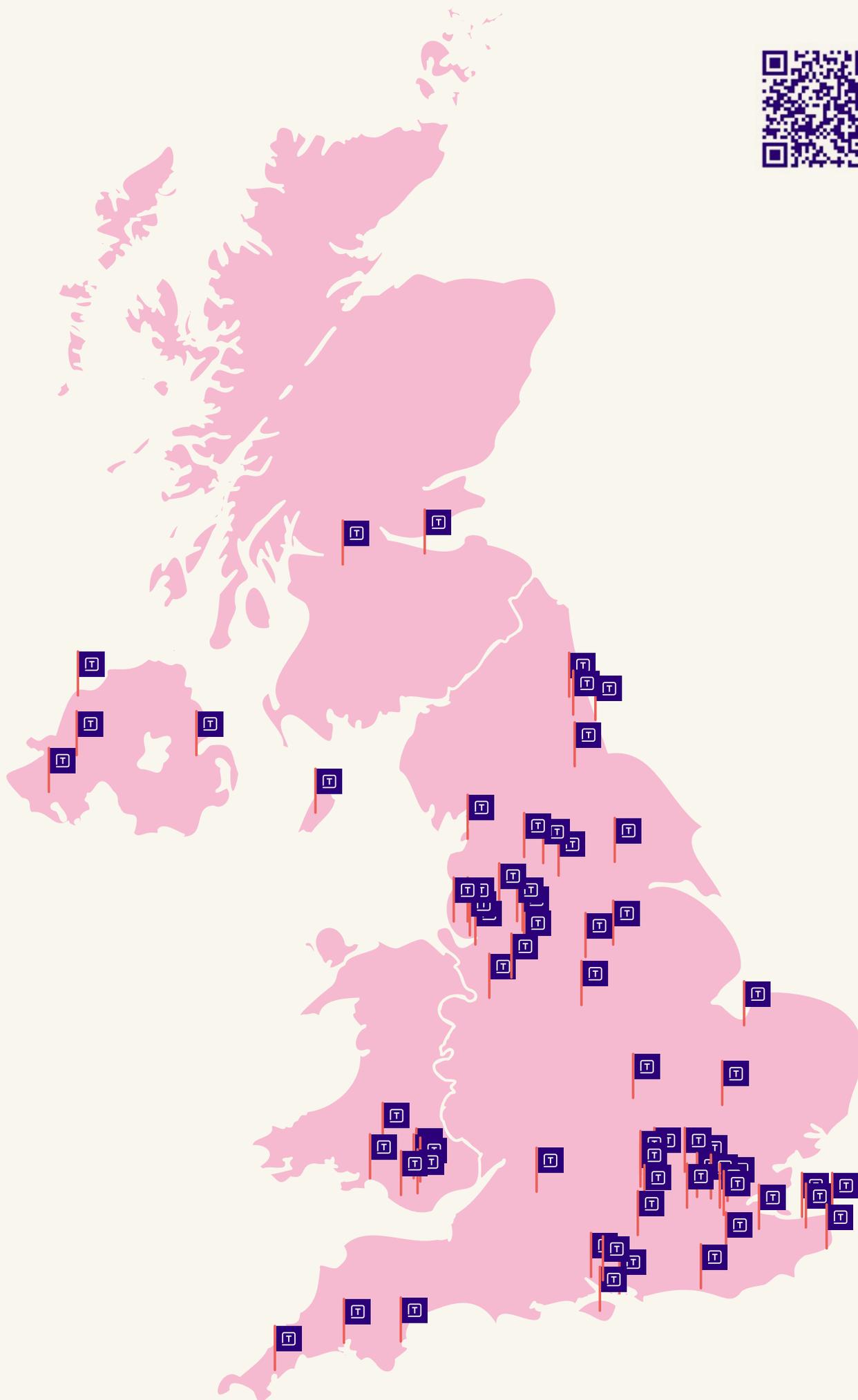
I think it takes a lot of courage to contact a Helpline

What is the best advice you could give for people who are maybe not sure about calling you?

I think that it takes a lot of courage to contact a Helpline, and I appreciate that is not always easy.

Each call is guided by the caller, there is no requirement to provide personal information or answer lots of questions before the call begins. Often, people just want the opportunity to get some reassurance and I hope that when the call has finished this is how the caller feels.

If you haven't spoken to us before and you feel a bit unsure please feel welcome to get in touch.



Tinnitus support groups

East Midlands

Chesterfield & N Derbyshire ■

Coalville
Derby
Northants
Nottingham
Tinnitus Mates (Nottingham)

East of England

Cambs

King's Lynn and District ■

London

within M25

Bexley

Boreham Wood ■

Bromley
City of Westminster
Kingston
London (North)
London and South East ●
Orpington

NE England

Chester-le-Street
Darlington
Deaf Awareness: NE (North Shields)
Seaham

Northern Ireland

Belfast
Enniskillen
Omagh
Western (Londonderry)

NW England & Isle of Man

Aintree ■

Blackpool & District

Bolton ■

Cheshire East (Macclesfield)

Isle of Man

Lytham St Annes (Always Ear)

Manchester

Runcorn

St Helens

Stockport

Tarporley

Widnes

Wigan

Scotland

Edinburgh & SE Scotland

Glasgow ■

SE England

Aldershot & District

Amersham

Basingstoke

Brighton

Canterbury

Crowborough

Dover

Isle of Wight

Maidstone

Marlow/Farnham Common ■

New Forest

Southampton

Southsea

Thanet

Whitstable

SW England

Plymouth

Torbay

Truro

Wiltshire (SW England) ●

Wales

Aberdare

Bridgend

Pontyclun

Pontypridd

Rhondda

Swansea

Ystradgynlais

West Midlands

Birmingham & District ■

Telford (DeafnAble)
Warwick

Yorkshire & Humber

Bradford

Earby

Keighley ■

Sheffield

York

Online

Tinnitus UK led

Musician's tinnitus support group
Tinnitus - first Wednesday
Tinnitus - second Wednesday
Tinnitus - fourth Wednesday
Tinnitus & sound sensitivity

■ Tinnitus UK Gold Standard Group

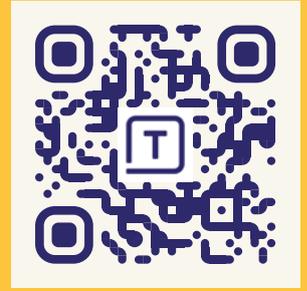
Group leaders have received training, run events, and provide up-to-date information.

● Online group

To find details of a tinnitus support group or clinic in your area, scan the QR code opposite, or contact the Tinnitus Support Team on **0800 018 0527** or **helpline@tinnitus.org.uk**.

We have tried to ensure that this listing is as accurate as possible, but please check with the Group Facilitator before setting out to an in-person meeting.

We're with you, on your journey



**Helpline:
0800 018 0527**

- **Support Groups**
- **Webchat**
- **Helpline**
- **Support Forum**
- **Take on Tinnitus**
- **Downloadable Leaflets & Guides**
- **Training Courses**
- **Webinars & Online Events**
- **Email Newsletter**
- **Professional Newsletter**
- **Corporate Membership**



A world without tinnitus

Tinnitus UK

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