



Tinnitus Information Day Programme

Saturday 5 September 2026

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

Activities from the Creative Tinnitus Toolkit, 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