



# Starting a Tinnitus Support Group: A Step-by-step Guide

## What is a tinnitus support group?

A local gathering where people affected by tinnitus meet to share experiences, advice, and support.

1

### Choose Your Group Type:

- Tinnitus UK Volunteer Led – Run by a Tinnitus UK volunteer
- Independent Volunteer Led – Individual with tinnitus running the group
- Professional Led (Not for Profit) – NHS/charity staff
- Professional Led (Private Sector) – Private hearing professionals

2

### Understand Your Role:

- Book/manage venue
- Keep contact lists and records
- Welcome attendees
- Promote meetings
- Facilitate discussions
- Follow the **Tinnitus UK Code of Conduct**
- Arrange guest speakers (optional)

**Leader Qualities:** Organised, empathetic, good communicator, time to commit

3

### Register with Tinnitus UK (Free):

- Choose a venue and first meeting date
- Complete & submit registration form
- Agree to Code of Conduct

**Email:** [groups@tinnitus.org.uk](mailto:groups@tinnitus.org.uk)

4

### Access Support from Tinnitus UK

- Start-up grant
- Local promotion
- Printed materials and info sheets
- Group page on Tinnitus UK website
- Access to training & guest speakers
- Networking with other leaders

## 5

### Plan Your Meetings:

- **Venue:** Public, accessible, with good acoustics
  - **Timing:** Evenings, weekends, or weekdays – ask your community
  - **Format:** Flexible, with attendee-led discussions (aim for 80% attendee talk time)
  - **Speakers:** Optional, but can boost interest
- 

## 6

### Promote Your Group:

- Word of mouth
  - Social media (optional)
  - Community notice boards
  - Local audiology departments and hearing health services
  - Tinnitus UK can help with press releases
- 

## 7

### Manage Group Operations:

- No meetings at home (safety & insurance reasons)
  - Insurance recommended for public meetings (Tinnitus UK provides insurance for its own volunteers)
  - Bank account not needed unless fundraising
  - Track attendance and feedback
- 

## 8

### Access Training and Development:

- Free access to Tinnitus UK webinars and training
- Opportunity to shadow established groups
- Regular leader support sessions via Tinnitus UK
- Free or discounted places at our events (i.e. Annual Conference)

### Get Help When Needed

- **Tinnitus UK Volunteer & Support Group Officer:** [EmilyD@tinnitus.org.uk](mailto:EmilyD@tinnitus.org.uk)
- **Local voluntary support:** [www.navca.org.uk/find-a-navca-member](http://www.navca.org.uk/find-a-navca-member)