

Cardiff Tinnitus Information Day



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 25 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. The Yoga session will be repeated twice throughout the day, so if you've missed out on one, you can sign up for the other session.

Activities from the Creative Tinnitus Toolkit

This session will guide you through some creative activities designed to help you express yourself and share your experience of tinnitus with others. Come and make a tinnitus self-portrait or create a tinnitus map. This session is intended for anyone with tinnitus: no previous experience is needed to take part.

Yoga taster session

Join Diana O'Reilly, a local senior yoga teacher for a 25 minute seated yoga class specifically designed to help if you experience tinnitus. Diana has over twenty years experience teaching yoga, runs Foundation and YogaTeacher Training Courses and is Chair of the British Wheel of Yoga. These classes will incorporate gentle movements and breathing exercises to encourage blood flow and calm the nervous system. You can find out more here: <https://www.dianaoreillyyoga.co.uk/>

Starting and growing tinnitus support groups

Tinnitus UK data shows that attending a Support Group is one of the most powerful ways to treat anxiety and isolation while building confidence and improving outcomes for people with tinnitus

In this session, Tinnitus UK will guide you through starting and growing peer support groups in your area.

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 via an insert in this Event Guide.



Lunch & refreshments

Refreshments and lunch will be served in the main atrium.

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



@UK_Tinnitus



@UK_Tinnitus



@tinnitus.uk.chari



@TinnitusUK



@uk_tinnitus

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 table.

We would like to say a big thank you for coming along to the Tinnitus Information Day. 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 Day programme

Saturday 4 July 2026

9.30

Registration with tea & coffee

10.00

Introduction

Danny Knight, Partnerships Manager, Tinnitus UK

10.15

Tinnitus – the basic facts

Sonja Jones, Lead Audiologist, Cardiff Hearing

10.50

Taster sessions

Activities from the Creative Tinnitus Toolkit
Yoga

11.25

Psychological management of tinnitus

Dr Florian Vogt, Clinical Psychologist, Royal National ENT and Eastman Dental Hospitals

12.00

Lunch & exhibitors

A chance to visit exhibitors' tables

13.00

Audiological and medical treatments for tinnitus

Sonja Jones, Lead Audiologist, Cardiff Hearing

13.40

Taster sessions

Yoga
Starting and Growing Tinnitus Support Groups

14.15

Managing tinnitus related sleep problems

Dr Florian Vogt, Clinical Psychologist, Royal National ENT and Eastman Dental Hospitals

14.50

Q&A

15.30

Close

About the experts

Sonja Jones



Sonja is the Lead Audiologist and Owner at Cardiff Hearing.

She has a wealth of experience across multiple sectors within the hearing healthcare industry. She has been at the forefront of hearing aid innovation where she has been a technical trainer and support audiologist for two leading hearing aid manufacturers. Furthermore, she has been a clinical assessor and mentor of fledgling audiologists and hearing care assistants.

Sonja was the lead author of the last two reports from Tinnitus UK's Tinnitus Week.

Dr Florian Vogt



Florian is a Consultant Clinical Psychologist and the Head of the Department of Clinical Psychology in Audiovestibular Medicine at University College London Hospitals (ULCH).

After qualifying as a Clinical Psychologist from Royal Holloway University of London, Dr. Vogt has committed his career to aiding patients navigate the complexities of long-term physical health conditions.

Florian sees patients with tinnitus, misophonia, hearing loss, balance disorders and interstitial lung disease.

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:

- Counselling for Tinnitus Skills courses
- 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:

- A Welcome Pack including a membership card and your own Tinnitus UK pin badge
- Join live webinars and ask your questions to the experts
- The latest tinnitus news and updates in monthly e-newsletters
- Receive your copy of our members' magazine
- Have your say during our AGM
- Discounts available via our website

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.



**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

