Volume 37 2026

# Quiet



## Finding your way forward

**Real stories**
**New research**
**Practical support**

In this issue

Tinnitus Week 2026
Expert advice
Community voices
Tips and guidance

TINNITUS UK

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# It is a pleasure to welcome you to the latest edition of Quiet

There is something particularly special about seeing Quiet arrive with our members. It is one of the ways we stay connected with the Tinnitus UK community, share what we are learning and doing, and remind each other that no one has to face tinnitus alone.

There has been a lot happening at Tinnitus UK since our last edition, and it is also a time of change for the organisation. I'm delighted to welcome Vicki Parker, who is joining us as our new Chief Executive this November.

Vicki has spent her career working with organisations focused on improving people's lives. Having recently moved to Sheffield with her family, Vicki will be based at our Head Office and will be getting to know the team, our volunteers and the wider Tinnitus UK community. I'm looking forward to seeing the experience and perspective she brings as we continue to develop our work and grow the impact we can have.

Looking ahead, there are some really positive developments. We are continuing to explore how we can develop our services and reach more people, including plans to expand our support groups across the UK and extend our helpline hours so support is available when people need it.

We are also looking forward to Tinnitus Week and our annual conference, which will take place during the first week of February. It will be an opportunity to bring people together, share knowledge and continue the conversation about how we can better support people with tinnitus, particularly as they navigate healthcare services.

That work is only possible because of the people who make up Tinnitus UK, our staff, volunteers, supporters and, of course, our members. Your membership is part of what allows us to continue providing information, support and a community for people who may be frightened, uncertain or simply looking for someone who understands.

I want to thank you for continuing to stand with Tinnitus UK. Your support, encouragement and involvement mean a great deal to us, and I hope you feel proud to be part of the community we are building together.

There is plenty to explore in this edition of Quiet, from personal stories and research to our work in local communities and the world of music. I hope you find something that is useful, reassuring or inspiring.

Thank you for being part of Tinnitus UK.

**Pierre Espinasse**
**Chair, Tinnitus UK**

# From fear to freedom: Sarah's tinnitus journey

## When Sarah first heard tinnitus, she thought her life had changed forever.

A civil servant and a mum, Sarah had always enjoyed an active life. Exercise, cycling, yoga, meditation, music and family were all important to her. Then, in January 2022, everything changed. Sarah woke one morning with a blocked right ear. Concerned about her hearing, she used some supermarket ear drops. Her ear initially felt more blocked and, as her hearing became worse, she noticed a stress response taking hold.

### Then came the sound.

"When my ear unblocked a day or two later, I was left with the sound. And that absolutely knocked me for six."

Suddenly, Sarah found herself overwhelmed by questions: Will I ever hear silence again? What if it gets worse? What if I can't work?

She continued working, but the impact was enormous. She struggled to concentrate, felt anxious and became disconnected from her family, friends and hobbies. At one point, she remembers going to bed in the afternoon, hoping sleep might make it disappear.

"I was floored," she says. "It was a continuous source of mental pain."

### Finding a way forward

One of Sarah's biggest challenges was finding reliable information. Searching online brought an overwhelming mix of advice, opinions and forums, while professional support was not always easy to find.

"I was endlessly trying to find something to 'make it go away'. This was keeping my stress response active."

Her GP pointed her towards Tinnitus UK, and the charity's support became an important part of her journey.

Sarah contacted the Tinnitus UK helpline, then used the webchat service for several weeks, asking questions and getting practical advice. Tinnitus UK also helped her prepare for audiology and consultant appointments and find wider support.

Through the charity, Sarah discovered CBT for tinnitus, connected with a befriender and used Tinnitus UK's treatment information to understand which approaches might help her.

The Take on Tinnitus resources were particularly important, showing her that other people had moved through the difficult early stages and gone on to live full lives.

> ***"I used the Take on Tinnitus content to inspire me that others can get through the initial phase and live totally normal lives."***

Sarah also discovered mindfulness and meditation, as well as sound therapy and calming apps. Rather than constantly searching for a way to make her tinnitus disappear, she began developing strategies to manage it and reduce the distress surrounding it.

### Getting her life back

Today, Sarah has returned to activities that once felt impossible. She goes to gigs wearing earplugs, meditates even when she can hear her tinnitus, has walked a marathon, achieved a promotion at work, cycled 100 miles and cycled from Sheffield to Southport. She is now also a Tinnitus UK volunteer, helping others find their way through their own tinnitus journey.

Looking back, Sarah says tinnitus has changed her perspective in unexpected ways.

"In a strange way, tinnitus has made me look at life differently, and that has had positive impacts in many aspects – work, friendships and self-care."

Her message to anyone newly diagnosed is simple: don't give up on the life you enjoy.

"Focus on coping strategies. There is a way to work through the initial distress. It really gets much easier over time, where there are many, many more good days than bad."

Sarah's journey is a reminder that while tinnitus can be frightening at first, the way you experience it can change. With the right support, life can become bigger than the sound.

**www.takeontinnitus.com**



# Delivering tinnitus support in person

**It's been a busy year for Tinnitus UK, with our Let's Talk Tinnitus events bringing hundreds of people together across the UK to learn, connect and discover that they are not alone.**

From Exeter and Poole to our recent visit to Cardiff, we've seen first-hand how powerful good information and community support can be. Across every event, attendees have told us they left feeling more informed, more reassured and more confident about managing their tinnitus. Many said simply meeting others who understood their experiences made a huge difference.

The impact goes far beyond a single day. Thanks to dedicated volunteers, new tinnitus support groups are now launching in Poole and Cardiff, creating lasting local communities where people can continue to support one another.

Alongside our public events, we've also continued to support healthcare professionals through Tinnitus Adviser Training and preparations for this year's European Tinnitus Course, helping clinicians deliver the best possible care to people living with tinnitus.

And there's plenty more to come. Following a busy year of events and activity across the UK, we're already looking ahead to Tinnitus Week 2027, including a major conference in February. We'll also be announcing more events and opportunities to learn, connect and share experiences in the months ahead.

Whether you've recently developed tinnitus or have been living with it for years, we'd love to see you there. Together, we're building a future where no one has to face tinnitus alone.



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

**fundraising@tinnitus.org.uk**
**0114 250 9933**

# New faces of tinnitus research

**Every breakthrough in tinnitus research starts with someone asking a new question. In this issue, we meet the researchers who are working on projects that could help improve the future of tinnitus care, from treating tinnitus earlier to making live music safer for everyone.**

## Meet the researcher: Abishek Umashankar



**Postdoctoral Researcher, Newcastle University**

**What are you currently researching?**

I'm researching whether treating tinnitus within the first three months after it starts can improve people's long-term outcomes.

Our clinical trial combines a type of gentle electrical brain stimulation with sound therapy that has already shown promising results in earlier research. We're hoping that combining the two could lead to a treatment that's both effective and practical for more people to access in the future.

**Why is this research important?**

Most tinnitus research focuses on people who have lived with tinnitus for many years. We know much less about what happens in those first few months after it begins.

We're interested in whether treating tinnitus early could stop it becoming a long-term condition. The areas of the brain we're studying were identified during my PhD research as being important in the transition from recent tinnitus to chronic tinnitus, so this trial builds directly on that work.

**Have you discovered anything so far?**

The early results are encouraging. So far, people who received the treatment have generally reported less tinnitus distress, better sleep and improvements that continued after treatment finished. Some have even said they no longer needed sound therapy to help them fall asleep.

While we still have a lot more data to analyse, it's a promising start.

**What do you hope this research will achieve?**

Ultimately, I hope this research helps us understand whether treating tinnitus early can change the course of the condition before it becomes long-term.

If we can identify the brain regions involved, they could become important targets for future treatments. My hope is that this work brings us closer to helping people earlier, reducing distress, improving sleep, and helping more people live well with tinnitus.

# Meet the researcher: Sam Allonby



**PhD Researcher,**
**The University of Manchester**

**What are you currently researching?**

My PhD project looks at how people can protect their hearing at concerts, festivals and nightclubs without taking away from the enjoyment of live music. I'm particularly interested in whether different types of earplugs can help people enjoy music while also protecting their hearing.

**Why is this research important?**

The World Health Organization estimates that around 1.1 billion young people are at risk of noise-induced hearing loss and tinnitus because of recreational noise exposure. Loud music is part of what many people love about gigs and festivals, but it's important to find a balance between enjoying live music and protecting our hearing for the future.

**Have you discovered anything so far?**

The evidence already suggests that wearing earplugs can reduce temporary tinnitus after loud events and may help lower the risk of long-term hearing damage. Interestingly, while standard foam earplugs are often thought to reduce sound quality, opinions on specialist musician's earplugs are much more positive. I'm looking at this in more detail as my research continues.

**What do you hope this research will achieve?**

I'd love this research to help more people make informed choices about protecting their hearing. Whether someone already has tinnitus or simply wants to prevent it, I hope the findings will encourage safer listening habits so people can continue enjoying live music for years to come.

# Meet the researcher: Nisha Kumara



**NHS Specialty Doctor in ENT,**
**Ipswich Hospital**

**What are you currently researching?**

My research explores the role stress may play in the development of tinnitus. While working with patients in an ENT clinic, I noticed many people said their tinnitus had started or become worse during periods of stress, anxiety, burnout or major life changes. This led our team to explore the connection between emotional wellbeing and tinnitus.

**Why is this research important?**

When people develop tinnitus, the focus is often on finding a physical cause, such as hearing loss, noise exposure or an ear condition. Stress isn't always discussed during routine appointments. Our study looked at 34 people with tinnitus attending an ENT clinic. Alongside hearing tests and medical investigations, we explored recent life events, sleep, anxiety and emotional wellbeing.

**Have you discovered anything so far?**

Psychological stress was the most common trigger, accounting for almost 40% of cases. This was higher than factors including noise exposure, ear infections and earwax. We also found that explaining tinnitus and helping people understand what might have contributed to it made a difference. Many patients felt less anxious and more confident after receiving structured counselling.

**What do you hope this research will achieve?**

A more holistic approach to tinnitus care, considering stress, sleep and emotional wellbeing alongside physical symptoms, so people can access personalised support earlier, reduce distress and improve their quality of life.

# How We Amplified Awareness During Tinnitus Week 2026



**Tinnitus Week 2026 was a week full of positive conversations, new ideas and practical steps towards better hearing health.**

From launching our new report, Amplifying Awareness, to holding our first safe-listening concert, Quiet Night Out, the week highlighted how we can make live music more accessible and enjoyable for everyone.

## Turning evidence into action

We began Tinnitus Week with the launch of Amplifying Awareness, a new report exploring the relationship between live music and tinnitus.

The report brought together insights from music professionals, gigging artists, fans and festival-goers. Its findings highlighted the importance of making hearing health and safer listening a normal part of the live music experience.

Among the findings were:

- UK consumers spend £6.68 billion on live music.
- Hearing damage linked to live music is preventable.
- 92% of fans surveyed experienced tinnitus after live music events.
- Nearly one in five people now live with permanent hearing loss.

The report also sets out practical actions for venues, music professionals, audiences and government, with the aim of making hearing protection and safer listening a normal part of enjoying live music.

The report launch at the House of Lords also marked the introduction of the Live Music Hearing Health Alliance Pledge, bringing together organisations from hearing health, music, public safety and policy around a shared commitment to prevention, collaboration and evidence-based action of progress.

## Quiet Night Out – showing that live music can be enjoyed safely

One of the highlights of the week was Quiet Night Out, our first safe-listening concert.

The event brought together music, comedy, spoken word, and connection, with safe listening at its heart. The line-up included Justin Sullivan of New Model Army, artists from Penguin Cafe, Daisy Chute, Cosmo Pyke, Rob Newman, Kate Ireland, The Mother Wolf Club and Victoria Dell.

Working closely with the venue's technical team, we focused on clarity over loudness. Calibrated monitoring was used to maintain a 90 dB limit over 15 minutes, while many parts of the programme were comfortably below this level.

Thanks to ACS Custom, audience members were provided with hearing protection, and a designated quiet area gave people the opportunity to take a break from the sound whenever they needed one.

Most importantly, the evening showed what is possible. Living with tinnitus or sound sensitivity doesn't have to mean giving up the experiences we love.

For musician Tim Bricheno, Quiet Night Out was particularly significant. After avoiding live music for seven years, he returned to an event where he felt supported and safe enough to enjoy performing and being part of the audience again.

"For seven years, I avoided live music entirely. With the right support, I slowly rebuilt my relationship with sound. Carefully. Thoughtfully. Safely."

His experience is a powerful reminder that, with the right approach and support, people can rebuild their confidence around sound.

## A Journey Through Sound

We also launched our free webinar, A Journey Through Sound, with Jono Heale from ACS Custom.

The webinar explores how sound works, what decibels mean, how noise exposure can affect our hearing and the connection between loud environments and tinnitus. It also offers practical advice on protecting your hearing and understanding safe listening.

It is another way we can help people feel more informed and confident about their relationship with sound.

## Looking ahead

Tinnitus Week 2026 showed how awareness can lead to meaningful change.

Whether it is encouraging safer listening at concerts, helping people understand their hearing health or creating opportunities for people with tinnitus and sound sensitivity to reconnect with the things they enjoy, every step matters.

Quiet Night Out demonstrated that live music doesn't have to be something people with tinnitus feel they need to avoid. By working together, sharing knowledge and putting people's experiences at the centre, we can help create a future where everyone feels more confident around sound.



# Tinnitus UK partnered with Download Festival: bringing hearing health to the heart of live music

**In June, Tinnitus UK joined thousands of music fans, artists and industry professionals at Download Festival, continuing our work to make hearing health a natural part of live music culture.**

As one of the UK's biggest music festivals, Download provided an opportunity to speak directly with people who love live music and share practical ways to look after their hearing while enjoying it.

## Making hearing health part of festival culture

Live music can create unforgettable experiences, bring people together and contribute to our wellbeing. Looking after our hearing should be part of that experience too.

At Download, our aim was simple: to make conversations about hearing health positive, practical and accessible, while celebrating everything we love about live music.

The festival already places a strong emphasis on audience wellbeing and accessibility. British Sign Language interpretation and hearing loops were available at key locations, while free earplugs were also available to festival-goers.

Making hearing protection easy to access helps normalise it as part of the festival experience — just like staying hydrated, taking breaks and looking after yourself.

## What artists told us

Throughout the weekend, we spoke to artists, creators and influencers about their experiences of music, tinnitus and hearing protection.

A clear message came through: **looking after your hearing matters.**

Alice from Lake Malice spoke about the importance of quiet time and using moulded in-ear monitors when performing. Becca from Marmozets reflected on how her approach to hearing protection has changed over the years, keeping earplugs close at hand whenever she needs them.

Other artists and creators shared similarly practical advice. Robyn Ward, known as The Metal Therapist, highlighted the importance of having earplugs available at every show, while Black Water County summed up the message simply: "Ear protection is so, so important."

For some festival-goers, earplugs have become an essential part of their festival kit. Alt influencers Katie Pepper told us she wouldn't attend a festival or gig without them, while Mol Horne encouraged fans to make protecting their ears a priority.

These conversations show how attitudes are changing. Hearing protection is becoming something people are talking about openly, and that's a positive step.

## Learning from experience

Some of the most powerful conversations came from musicians sharing their own experiences of hearing damage.

Members of As It Is spoke honestly about the impact that years of loud music had had on their hearing and the steps they now take to protect it.

Bassist Ali described getting custom-fitted earplugs from an audiologist and taking action to maintain his hearing health. Drummer Foley also spoke about the hearing problems he has experienced and how, looking back, he wishes he had protected his ears earlier in his career.

Their experiences are an important reminder that prevention matters. Small changes, such as using suitable hearing protection and giving your ears regular breaks, can help people enjoy music while taking care of their hearing.

## Continuing the conversation

Our time at Download built on the conversations and momentum created during Tinnitus Week 2026.

Taking hearing health into a major festival environment allowed us to connect directly with music fans and professionals and demonstrate that hearing health and live music can go hand in hand.

The message is a hopeful one:

**Protecting your hearing doesn't mean giving up the music you love. With greater awareness, practical support and a culture where hearing protection is normal, we can help more people enjoy live music for many years to come.**

Get your ACS earplugs from Tinnitus UK:



# Finding a way forward

## Jack's journey from fear to confidence.

Jack Bridge was just 20 when tinnitus unexpectedly became part of his life. Five years on, he is an advocate for better tinnitus support, the founder of Sonovo and a Tinnitus UK corporate member. His journey shows how frightening tinnitus can feel at first – but also how much things can change with time, support and understanding.

Jack first noticed his tinnitus in January 2021. He had COVID-19 at the time and was struggling to sleep, so one night he put his earphones in and listened to music for around 30 minutes. When he took them out, he noticed a ringing sound.

"I had experienced that before, but it would usually disappear after around 20 seconds. This time, however, it stayed."

At first, Jack assumed it would be gone by morning. It wasn't. The ringing remained the next day, and the day after that. The impact was immediate. His tinnitus didn't sound like just one noise. Sometimes he experienced several sounds at once, including a humming noise and another that sounded like a hissing gas leak. The uncertainty was difficult to cope with.

> ***"I was only 20 years old, and I found myself thinking far ahead into the future, wondering what it would be like when I was 30, 40 or 50."***

Jack had always loved music, but he became much more cautious about volume levels. Perhaps hardest of all was losing the feeling of silence.

"I had always enjoyed lying in bed at night in complete silence, and the thought of never experiencing true silence again, or never feeling fully comfortable in a quiet room, was incredibly upsetting."

### Finding a way forward

Like many people who develop tinnitus, Jack wanted answers. He became hyper-focused on every sound, often checking noises with his family to make sure they could hear them too.

> ***"The biggest challenge was the uncertainty. When tinnitus first starts, you want answers straight away."***

Over time, Jack began to understand that although tinnitus could change aspects of his life, it didn't have to define it. Support from friends and family helped, as did access to reliable information and people who understood what he was experiencing. Tinnitus UK's resources played an important role in that process.

"Reading real stories and practical advice helped make the experience feel less isolating. There is a lot of reassurance in knowing that other people genuinely understand what you are going through."

Jack also found sound enrichment particularly useful, especially in quiet environments where tinnitus could feel more noticeable. Understanding the difference between sound masking and sound enrichment was an important part of his journey.

Gradually, things became easier.



"Time was also a big part of it. Adjusting to tinnitus does not happen overnight. It takes time to process it, to accept it, and to gradually learn how to move forward without letting it control every part of your thinking."

Today, Jack says his tinnitus rarely gets in the way of his life.

"I hardly notice my tinnitus now unless it is brought up in conversation – which is a lot considering my line of work – or I notice it if I've been surrounded by a constant source of noise and then that noise is taken away."

## Turning a difficult experience into something positive

Jack's experience with tinnitus also inspired him to create Sonovo, a UK brand focused on non-medical, sound-based products for people living with tinnitus. He wanted to create practical tools that could help people during difficult moments, particularly at night and in quiet environments.

> ***"Creating Sonovo gave me a sense of purpose and allowed me to turn a difficult personal experience into something that could hopefully help other people facing similar challenges."***

For Jack, the aim isn't simply to create products. It's about contributing to the wider tinnitus community and helping people through their own habituation journey. That same motivation is behind Sonovo's relationship with Tinnitus UK. Joining as a corporate member felt like a natural step for Jack because he wanted the business to be connected to something bigger than selling products.

"Sonovo exists to support people affected by tinnitus, so it made complete sense to align with an organisation that is working every day to provide support, education, and advocacy in that space."

For Jack, the partnership is about showing that businesses can play a wider role in supporting people affected by tinnitus.

> ***"The tinnitus support that Sonovo provides should not stop at the product level. We have much more to give and to contribute to the cause to ultimately one day, create a world without tinnitus."***

## A message of hope

Looking back, Jack recognises how difficult those early months were. But he also knows that the future he feared at 20 isn't the reality he is living today. Quiet moments, sleep and everyday concentration have all become more manageable. Most importantly, tinnitus no longer dominates his attention.

His message to others living with tinnitus is simple: things can improve.

Although there may not be a straightforward cure, understanding tinnitus, finding the right strategies and giving yourself time can make a real difference.

"Tinnitus changes things, but it does not have to take away your happiness, your freedom, or the parts of life you enjoy."

## Want to make a difference for people living with tinnitus?

Jack's story is a reminder of how much difference understanding, support and connection can make. Businesses can play an important role too.

By becoming a Tinnitus UK corporate member, your organisation can help support people living with tinnitus while showing your commitment to better hearing health, awareness and wellbeing.

Find out more about becoming a Tinnitus UK corporate member at:
**tinnitus.org.uk/businesses-and-organisations/join-our-membership**

# Living well with tinnitus

## As autumn arrives and the nights draw in, routines begin to shift and life can start to feel a little busier.

For people living with tinnitus, these changes can sometimes make tinnitus feel more noticeable. A change in routine, disrupted sleep, stress or spending more time indoors can all affect how we experience tinnitus.

The good news is that autumn can also be a great opportunity to reset your routine, look after yourself and make time for the things you enjoy.

### Getting back into a routine

After the more relaxed pace of summer, returning to work, school or everyday routines can take some adjustment.

Try to give yourself time to settle back into a regular pattern. Keeping consistent sleep and wake times, eating regularly and staying active during the day can all help you feel more balanced.

If tinnitus becomes more noticeable when things are quiet, don't feel that you need to sit in silence. Gentle background sounds can make tinnitus less intrusive. You could try quiet music, a radio, a fan or natural sounds, such as rainfall.

There is no 'right' sound, experiment and find something that feels comfortable for you.

### Looking after your sleep

The longer, darker evenings of autumn can be a good opportunity to establish healthy sleep habits.

If tinnitus is keeping you awake, try creating a relaxing wind-down period before bed. Put aside some time to switch off from the day's worries and do something calming, such as reading, listening to quiet music or practicing relaxation exercises.

If you are able to, try to keep your bedroom associated with sleep and relaxation, rather than work or other stimulating activities.

If you wake during the night and find yourself focusing on your tinnitus, try gently shifting your attention elsewhere. You could use quiet background sound, focus on your breathing, listen to something calming or try a simple relaxation exercise.

If you can’t get up or move to another room, these are all things you can do from bed.

And remember: don't put pressure on yourself to fall asleep. Resting is still valuable, and worrying about sleep can sometimes make it harder to drift off.

If you're experiencing ongoing problems with sleep, speak to your GP.

### Back to school: supporting children with tinnitus

Autumn means the return to school for many children and young people. For a child living with tinnitus, a supportive school environment can make a real difference.

Tinnitus is common in children, and most children are not troubled by it. For some, however, tinnitus can be distracting or distressing.

If your child has tinnitus, consider speaking to their teacher or school before the new term gets too busy. Sharing information can help teachers understand what the child is experiencing and provide reassurance if tinnitus becomes noticeable during the school day.

Simple support can sometimes make a big difference. A child may benefit from being able to speak to a trusted adult, take a short break from a noisy environment or have access to somewhere quieter when they need it.

Most importantly, listen to the child. Let them know that they can talk about how they're feeling and that tinnitus doesn't have to prevent them from taking part in school life.

If a child has recently developed tinnitus, it's advisable to speak to a GP. Tinnitus can sometimes be associated with conditions such as glue ear, hearing loss or an ear infection. Tinnitus that fluctuates in time with a child's heartbeat should always be investigated.

## Autumn sounds and noisy environments

Autumn can bring a busier soundscape - from classrooms and public transport to sporting events, fireworks and social gatherings.

If you're going somewhere particularly noisy, plan ahead. Taking suitable hearing protection with you can help you manage your exposure to loud sound.

Remember that hearing protection isn't about avoiding sound. It's about reducing potentially harmful exposure while allowing you to continue enjoying the activities you love.

If an environment feels overwhelmingly loud, take a break somewhere quieter. Giving yourself time away from the noise can help you feel more comfortable.

## Making time to relax

As the days get shorter, it can be tempting to spend more time indoors and become less active. But staying active and making time for things you enjoy can be good for your overall wellbeing.

Try to build small moments of relaxation into your day. This might be a walk among the autumn leaves, meeting a friend, reading a book, listening to music or trying a short relaxation exercise.

Stress can affect how noticeable tinnitus feels, so finding ways to manage stress may help you feel more in control.

Relaxation doesn't need to be complicated. Even a few minutes of breathing exercises or quiet time can become a useful part of your daily routine.

## Don't let tinnitus put your life on hold

Autumn is a season of change, but it can also be a chance for a fresh start.

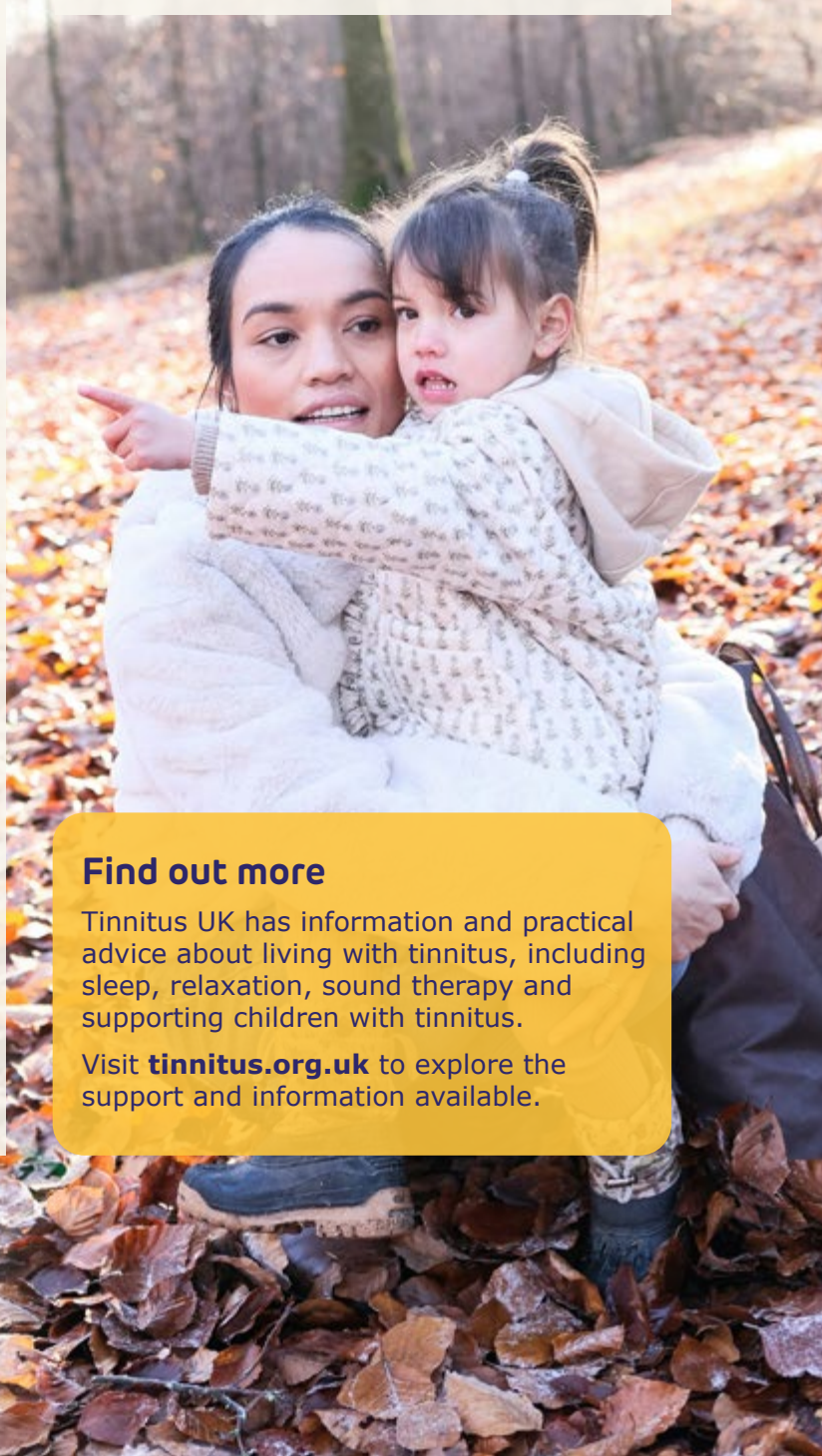
If tinnitus has been making you avoid certain activities, think about whether there are small changes that could help you take part again.

Perhaps you could attend a social event but take regular breaks, use hearing protection at a concert or introduce some background sound at home.

There may be days when tinnitus feels more noticeable than others. That's okay. Living well with tinnitus isn't about never noticing it, it's about finding ways to carry on with the things that matter to you.

As autumn arrives, take care of your hearing, look after your wellbeing and give yourself time to adjust to the changing season.

**Living with tinnitus doesn’t mean missing out on the things that matter to you.**



## Find out more

Tinnitus UK has information and practical advice about living with tinnitus, including sleep, relaxation, sound therapy and supporting children with tinnitus.

Visit **tinnitus.org.uk** to explore the support and information available.



# Fundraising Spotlight

## Taking on a challenge for tinnitus

## For people living with tinnitus, fundraising can be about far more than raising money. It can be a way of taking back control, raising awareness and turning a difficult experience into something positive.

This year, supporters across the UK are taking on some serious challenges for Tinnitus UK – from half marathons and triathlons to the London Marathon.

For Chris Ives, running his first half marathon was about proving that tinnitus would not dictate his life.

Chris developed sudden-onset tinnitus and hyperacusis in December 2024. What began as sounds that usually disappeared within minutes became constant, taking him into a period of intense distress.

Tinnitus UK's online support groups helped Chris understand his triggers and, crucially, connect with people who understood what he was experiencing. After avoiding running and music, he gradually rebuilt his confidence, completed Tough Mudder and took on the North Lincolnshire Half Marathon, raising a brilliant £725. He says:

"I made it a point that I wasn't going to let the tinnitus control me, but for me to control the tinnitus".

For Bella Outram, running the Plymouth Half Marathon is also about turning a difficult experience into something positive. After being diagnosed with Temporomandibular disorder (TMD), Bella developed ongoing tinnitus alongside pain, headaches and fatigue. At one point, her symptoms forced her to step away from university.

Now back at university, Bella has found running to be an important part of rebuilding her balance and wellbeing. She says:

"I want to help raise awareness, support vital research, and contribute to making tinnitus better understood".

Sam took on an even bigger challenge, the iconic London Marathon. Having lived with tinnitus for around two years, he understands that symptoms can range from a constant ringing to difficulties with sleep, concentration and everyday life.

His goal was to help more people understand the reality of the condition and he raised a fantastic £1,750.

Behind every challenge is a personal story. But the message is the same: tinnitus does not have to stop you from doing the things you love.

Every mile, every donation and every conversation helps raise awareness and supports Tinnitus UK's work with people living with tinnitus, while helping fund research into better treatments and understanding. Thank you.

### Want to take on your own challenge?

Whether it's a marathon, a sponsored walk, a cycle ride or something completely different, you can turn your challenge into support for people living with tinnitus.

Find out more and start fundraising at: tinnitus.org.uk/join-the-cause/fundraise



# Community Voices

## Celebrating the creativity of our tinnitus community.

We are lucky to receive creative submissions and personal experiences from our incredible community. Here, we're sharing a few of the poems, artwork and stories that offer a glimpse into life with tinnitus.

Come celebrate our milestone year
Everyone is accepted here
Learning to overcome our fears
Eventually to tame our ears.

Bringing laughter to every meeting
Ready to welcome all in greeting.
And the magazine is read by all
The articles written to enthrall.

In covid our meetings they were few
Oh without Zoom what would we do?
Now we are back and going strong
So if you have Tinnitus – come along!

**Sarah EJ Richards, from the Chesterfield Support Group, celebrating its 40th anniversary this year.**

All these sounds running through my ear,
Sometimes it's too much to bear,
All I want is to hear clear,
But all I hear is a grizzly bear,
We know a cure isn't near,
I guess that's the thing we fear,
I want to shed a tear,
But a happy smile is what I'll wear,
As I put my life into gear,
Tinnitus won't win this one my dear.

**Petra Kotrotsos**

How can I have hearing loss,
When the noises are so loud?

The drone of a plane with no destination, Just round and round and round!

The whistle constantly blowing, Atttracting no one's attention but mine.

These sounds are in my ears,
No one else can hear them but me.

Constant, relentless, never-ending!

How can I stop the noises I used to ask, Which only made them worse!

I can't... I can't.

The plane and the whistle are part of me, There for eternity.

I focus on birdsong, music, laughter...

Uplifting sounds which bring me joy, Silencing the plane and the whistle...

if only for a while.

**Sue Ashton**



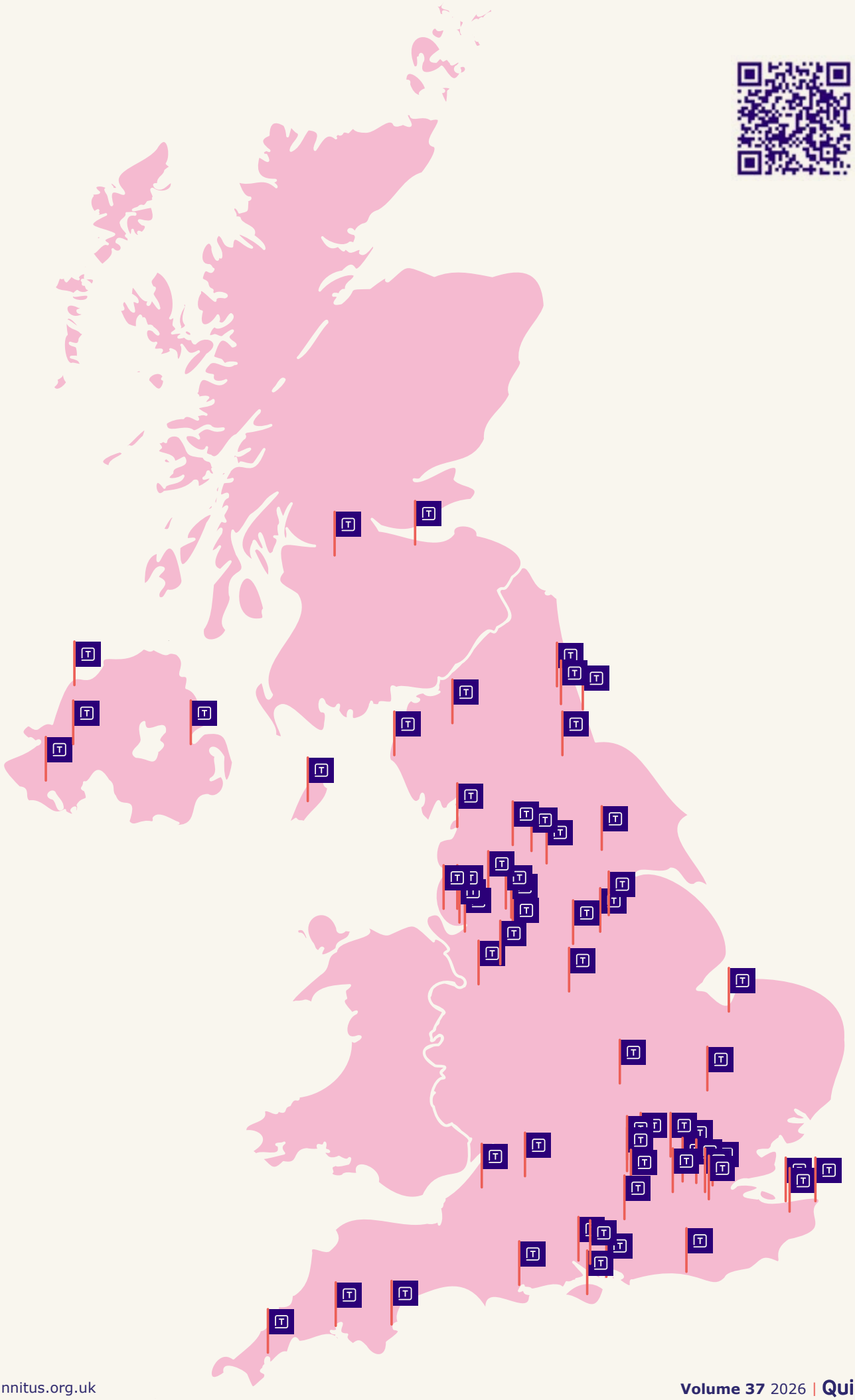
# Arc Angle

**by Martin Middleton**

Last year I joined my local photographic club. About once a month they hold a competition where entries are reviewed by an external judge. Their comments were:- nice freezing of the fountain's water arcs and droplets; interesting ripples on the ground but not quite mesmerizing; there's no detail in the under exposed areas at the sides, difficult to see the man walking on the left side and the white areas at the top are completely over exposed. All valid comments. Some of the other members thought they were a bit harsh and asked me what I intended.

Stress sometimes produces creative answers. I replied that when editing the image, I was possibly subliminally thinking about my tinnitus. Each of the fountain arcs being a representation of the different sounds we hear. The mesmerizing ripples the way tinnitus messes with our heads. The dark spaces are the places we go looking for answers which can't be found there. When we should be seeking encouragement to raise our spirits, whether though CBT, mindfulness or meditation, to lift our gaze and look up for the light at the end of the tunnel. I submitted this photo titled "Arc Angle ".





# Tinnitus support groups

## East Midlands

**Derbyshire** ■
Coalville
Derby
Lincolnshire (Skegness)
Northampton
Nottingham
Tinnitus Mates (Nottingham)

## East of England

Cambs

## London

*within M25*

Bexley
**Boreham Wood** ■
Bromley
City of Westminster
Kingston
London (North)
London and South East ●

## 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)*
Cumbria (Carlisle)
Cumbria (Whitehaven)
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
Isle of Wight
**Marlow** ■
New Forest
Southampton
Southsea
Thanet
Whitstable

## SW England

Bristol
Penryn
Plymouth
Poole
Torbay
Truro
Wiltshire (Swindon)
SW Group ●

## West Midlands

**Birmingham & District** ■
Telford (DeafnAble)
Warwick

## Yorkshire & Humber

Bradford
Doncaster
Earby
**Keighley** ■
Sheffield
York

## Coming Soon

Bournemouth
Cardiff
Exeter
North Wales

## Online

*Tinnitus UK led*

First, Second, and Fourth Wednesday Support Groups
Tinnitus & Sound Sensitivity
Armed Forces Tinnitus Group
Jaw and Neck-Related (TMD) Tinnitus Group

■ **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



TINNITUS UK

A world without tinnitus

**Tinnitus UK**
Registered charity no: 1011145
Registered in England
Company limited by guarantee no: 2709302