

Tinnitus Dos

- Keep mind busy
- Keep ears busy
- Keep active
- Learn to relax
- Look after yourself
- Avoid undue stress
- Maintain a positive attitude
- Join a group
- Learn distraction techniques
- Regain control

Tinnitus Don'ts

- Worry
- Monitor tinnitus
- Check it
- Sit in silence
- Keep tinnitus diaries
- Wear ear plugs
- Rush around too much
- Test it

VOLUNTEERS NEEDED TO HELP

Tinnitus and Hard of Hearing group on 2nd and 4th Mondays of each month for an hour or two.

Can you:

- Prepare the room and set up the loop system
- Make cakes
- Make cups of tea
- Serve teas
- Wash up
- Clear the room afterwards



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Tinnitus And Hard of Hearing Group

In Association with
The British Tinnitus Association

This friendly self-help group has been running since the autumn of 1996. It is a lively social group for tinnitus sufferers or hard of hearing people or both. We meet together twice each month to hear speakers on a variety of topics covering issues relating to hearing loss or tinnitus and other everyday issues. It is an opportunity to meet people who are going through the same experience as yourself and make new friends over a cup of tea or coffee.

If you are a tinnitus sufferer or a hard of hearing person you will understand the problem faced in meetings. THIS IS DIFFERENT. For the first time your needs come first; whether you lip-read or use a hearing aid with or without a loop system or simply need more time to understand, this group is run for you. A lay counsellor is available for those stressed by tinnitus.

There is an admittance fee of £1.00 per meeting, but this includes light refreshments and one raffle ticket. If you would like more details about our group, please do not hesitate to contact us.

Meetings take place from 1.30 to 3.00 pm on the 2nd and 4th Mondays of each month (excluding Bank Holidays)

Meetings with Speakers

1.30pm – 3.00pm

2008

Mon 14th Jan	Churchill Theatre – John Short
Mon 28th Jan	Inheritance Tax: Mr Jeremy Grogan- Wilson
Mon 11th Feb	RNID
Mon 25th Feb	British Heart Foundation
Mon 10th March	Mon 10th Mar Langley Audioology – Mr B. Allan
Mon 14th April	Hearing Concern
Mon 28th April	Accupuncture: Christina Gropes
12th May	Bromley Town Safer Neighbourhood Team – David Hampton

Come and Find Out More

- **Meet other people with similar problems**
- **No need to be isolated**
- **What is tinnitus?**
- **How can counselling help you?**
- **What equipment is available to help you?**
- **How to help your family and friends to understand your problems**