

# ***EARS NEWS***

## **Birmingham & District Tinnitus Group**

**Newsletter Number 6    November/December 2011**



**HELPING THE TINNITUS COMMUNITY SINCE 1981**  
***CELEBRATING 30 YEARS IN 2011***



### **Monthly city centre daytime meetings**

*are held on the second Tuesday of the month between  
10.30 and 12 noon at the offices of:*

***Irwin Mitchell Solicitors, Imperial House, 31 Temple St.***

*Dates of meetings are on the back cover of this newsletter.*

*Come and meet committee members and others with tinnitus.*

*Share a coffee and maybe contribute to the topics  
which come under discussion.*

### **In this issue**

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| <b>3</b> Editor's Lines               | <b>11</b> The Effects of Noise    |
| <b>4</b> QIPP - reduce DNAs           | <b>13</b> Treatments for Tinnitus |
| <b>5</b> Ewart Davies - a tribute     | <b>14</b> Volunteers Wanted       |
| <b>6</b> Hearing Awareness Event      | <b>16</b> A Royal Honour          |
| <b>7</b> Tinnitus Research Initiative | <b>17</b> Our CDs                 |
| <b>8</b> Hub Hazlewell Event          | <b>18</b> Occasional Papers       |
| <b>9</b> Government Research Grant    | <b>19</b> Library Loans           |

### **Need support? Contact our *Friendly Ears* :-**

*Eileen* - 01384 831032     *Jennifer* - 0121 355 2047  
*John* - 01905 21977     *Eric* - 0121 355 1496  
*Lorna* - 0121 352 0671     *Brenda* - 0121 747 9369  
*Stan* - 0121 241 6276

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**Website :** [www.tinnitusbham.org.uk](http://www.tinnitusbham.org.uk)

“Nothing in life is to be feared. It is only to be understood.”

*Marie Curie*

# ***BIRMINGHAM & DISTRICT TINNITUS GROUP***

Bid Services, Deaf Cultural Centre, Ladywood Road, B16 8SZ

*Reg. Charity Number 1053184*

President W. Ewart Davies PhD

Chairman and Treasurer John Carnie

Founder and Honorary Life Member Eric Trowsdale BA Hons (Psychology)

Co Founder and Honorary Life Member Maurice Bluck

Dear Friends,

Another ghost story. This happened a while ago in Dublin, and even though it sounds a bit like an Alfred Hitchcock tale, it's true.

John Bradford, a Dublin University student, was on the side of the road hitchhiking on a very dark night and in the midst of a big storm.

The night was rolling on and no car went by. The storm was so strong he could hardly see a few feet ahead of him.

Suddenly, he saw a car slowly coming towards him and then stop. John, desperate for shelter and without thinking about it, got into the car and closed the door.... only to realize there was nobody behind the wheel and the engine wasn't on.

The car started moving slowly. John looked at the road ahead and saw a curve approaching. Scared, he started to pray, begging for his life. Then, just before the car hit the bend, a hand appeared out of nowhere through the window, and turned the wheel. John, paralyzed with terror, watched as the hand came through the window, but it never touched or harmed him.

Shortly thereafter, John saw the lights of a pub appear down the road, so, gathering strength, he jumped out of the car and ran to it. Wet and out of breath, he rushed inside and started telling everybody about the horrible experience he had just had. A silence enveloped the pub when everybody realized that he was crying... and that he wasn't drunk.

Suddenly, the door opened, and two other men walked in from the dark and stormy night. They, like John, were also soaked and out of breath, but, looking around and seeing John Bradford sobbing at the bar, one said to the other... 'Look Paddy... there's the blessed idiot who got into the car while we were pushing it!'



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## **QIPP (Quality, Innovation, Productivity and Prevention) case study: texts to help reduce DNAs - from NHS Evidence**

As long ago as June 2000, the RNID was highlighting the great waste of NHS resources and professionals' time thanks to DNAs. They were grumbling particularly at that time, about the problems endured by audiology clinics. Patients who fail to keep a GP or hospital appointment are still costing the NHS (hence the tax payers of this nation) considerable revenue annually.

I confess that I have been guilty of missing a medical appointment through unforeseen circumstances, but I am aghast that people do not have the plain good manners to cancel a rendezvous when/if they know they can't attend. This would leave a vacant space for someone who may have urgent need to see a doctor. I was interested, therefore, to learn about a new approach to the problem by one hospital Trust and also the set-up costs involved and the annual savings made:

Portsmouth Hospitals NHS Trust has reduced elective outpatient 'Did Not Attend' (DNA) rates by 40 per cent in less than 6 months through the introduction of a new automated system linked to the Patient Administration System (PAS).

By reminding patients about their appointment via a text message to a mobile or landline number, they are more likely to attend. This means that their condition is regularly monitored with less chance of missed complications and deterioration. Also, patients attending first time reduces repeat clinic costs by 40%.

The automated reminder software costs £101,000 investment (of which £5,000 is non-recurrent) to cover system software procurement, licence fee and training. Annual cost savings of £337,000 per 100,000 population are from additional income and productivity gains through better utilisation of clinics.

Mandy Mugridge, Outpatient Project Manager at the Trust, said: "We started this service as part of our ongoing work to bring down DNAs and improve the efficiency of our outpatient clinics. I am very pleased with the results. We have already been able to reduce the number of clinics we run as a direct result of this project, and our waiting times are coming down as we re-use spare clinic capacity. Because waiting times are coming down, we also no longer need to schedule extra clinics at a high cost."

For more details of this QIPP study visit [NHS Evidence](#).



## **W. Ewart Davies PhD**

*by Eric Trowsdale*

At the AGM in September our group's President, Dr Ewart Davies, stepped down from his position as a Trustee of the British Tinnitus Association (BTA)

Members will be aware that Ewart has worked tirelessly over many years to help those who have tinnitus.

He was involved with tinnitus re-search at the University of Birmingham Medical School and is still a recognised expert in this field.

During his work at the University, Ewart became a member of the BTA's Profession Advisors Committee. Then, following his retirement, Ewart became a Trustee of the BTA and, for six years, was Chairman of the Association. He has been honored with Life Membership of the BTA in recognition of all the dedication he has shown in helping those with tinnitus and promoting research in this area.

No-one in this country has done more to forward the research and support of people with tinnitus. We all owe Ewart a great deal of thanks and are pleased that he is not only retaining some interest in the world of tinnitus by remaining on the BTA's Bursary Committee, he also honours us greatly by continuing to serve as our group's President.

### **Bursary Awards**

We have received three applications for sponsorship, and the committee has awarded the following places:

*Gwawr Jones*, Audiologist, Selly Oak, to attend the September Teaching Relaxation to Audiology Patients Course, at Aston University.

*Lorna Laird*, Principal Audiologist, Worcester Royal Hospital, to attend the same course.

*Cheryl Ellis*, Senior Clinical Audiologist, Worcester NHS Trust, to undertake the NCFE Professional Relaxation Therapist Course.

## **Our Annual Seasonal advice - remains a necessary reminder**

Flu vaccinations are available to everyone over 65 or in an 'at risk' category and so, since tinnitus can be enough to cope with, hopefully you booked in to have one.

If you should get a cold, be careful how you blow your nose. Vigorous blowing from the lower end of the nostrils will force any catarrh (and infection) up the Eustachian tubes and into the middle ear. Once there, the blockage can prevent the normal functioning of the ear drum - causing some loss of hearing which will in turn make the auditory cortex increase its sensitivity - and your tinnitus will seem louder.

Try to blow your nose higher up, (where the bony cartilage is) preferably blowing one side at a time. If the Eustachian tube does become blocked, the good old fashioned remedy of 'steaming' is still the most effective as it loosens the catarrh, allowing it to drain away. You can add whatever 'flavour' you like (menthol, eucalyptus or similar) to a basin of near boiling water - it is the steam which does the trick. Stand the basin on a secure surface, cover your head with a towel, and inhale the steam. *Be careful not to knock the basin over... that water is dangerously hot !* If your Eustachian tubes are functioning normally, you should hear a 'clunk' when you swallow.

## **Hearing Awareness Event**

The Heart of England NHS Foundation Trust and Irwin Mitchell LLP are working in partnership to deliver a number of hearing awareness events. The Sept and Oct events missed our printing deadline but the final one takes place on **Saturday 5 Nov 2011 at Solihull Hospital.**

The aim of these events is to develop and promote hearing loss as an issue in the local community and to highlight the services the Trust can offer to assist people with hearing difficulties and tinnitus

The Midlands' industrial heritage found many in the community being exposed to dangerous levels of noise, often without proper hearing protection. More recently soldiers are returning from war zones with hearing loss and tinnitus, and workers in bars and nightclubs are also developing hearing problems.

Irwin Mitchell will be on hand to offer free advice on noise damage compensation and the B&DTG will be in attendance to offer advice and support to people who suffer from tinnitus.

**Tinnitus Research Initiative** - from spring edition *Quiet Ireland*.  
*Courtesy Tinnitus Research Initiative Foundation, Germany.*

Tinnitus research has evolved remarkably in the last years. Year after year there are more publications dealing with tinnitus, and the methodological and scientific quality of research improved enormously. It is impressive how many tinnitus studies appeared in the last three months in most prestigious journals such as *Journal of Neuroscience*, *Neuron* or *Nature*. Thus tinnitus as a research topic reached the best labs and the brightest minds, a development which is also reflected by a tinnitus symposium at the last year's Meeting of the Society for Neuroscience. This means that tinnitus has finally reached the stage where it has become a scientifically acceptable and intellectually interesting matter to study.

This development is of fundamental importance for all patients suffering from tinnitus, since the better the underlying mechanisms are understood, the higher the chances for more effective treatments in the near future. In addition, from a mere statistical point of view this change is also important. Many more young, bright, researchers will start investigating this enigmatic symptom, increasing the chances that someone will be bright or lucky enough to make a real breakthrough. Once a critical mass of highly motivated young people start investigating the problem, a final solution is more likely. Although initially probably not every single person suffering from tinnitus will find a cure, an increasing number of patients will find relief over time. (More on TRI on page 16)

**Goodbye to Chris** - from Eric Trowsdale

On the 19<sup>th</sup> August I attended a leaving party for Chris Stokes which was held at the Deaf Cultural Centre in Ladywood Road.

Chris originally came to BID on the *Future Jobs Fund* - a government funded scheme to get people into employment. He was a Trainee Administrator in the Development Department and eventually became the minutes secretary for our committee meetings.

Chris made such an impression that he stayed on with BID at the end of his six month contract.

He is now moving on to become a Trainee Manager at the Park Inn by Radisson Thurrock Hotel in Essex.

We wish him all the very best for his future career.

## **Health and Safety Day at Hub Hazelwell - report by Stan Pyne**

On Wednesday 20<sup>th</sup> July our group was asked if we would like to have a stand at the above event, we agreed so off I went.

I started my day with a walk to Sutton Station then a train to Birmingham and finally a bus to Kings Heath, oh the wonders of a pensioner's travel pass.

The venue was easy to find and I received a warm welcome from the organiser Chris Barr and was shown to where I could lay out my stall.

There were numerous other stalls there for example, Age Concern, West Midlands Police, the Fire Service, various caring organisations and Birmingham City Council plus many others.

There was quite a bit of interest in our stall in fact our name was put forward by a member who lives in that neck of the woods.

As I said there was quite a bit of interest from the public but also from other organisations who would like our group to give a talk on how we cope with tinnitus in our everyday lives.

The stall opposite ours was run by the pest control department of The Council who had on display a preserved rat and a mouse in a jar, which fascinated my wife.

My wife came to assist me she enjoyed meeting and talking to the different people who came to inquire about the Tinnitus Group. We were kept well supplied with tea and a buffet lunch was included.

We found the day of use and I hope that we may see some new faces at the drop in sessions and our membership numbers increased.

After quite a busy day we had a pleasant walk around King's Heath Park caught the bus to Bournville and got the train home.

### **Pre-Christmas Gathering**

**Saturday December 10th between 11 am and 2.00 pm**

Members, partners and/or friends are invited to a small celebration with light refreshments which is planned to take place in the city centre and will be hosted by

**Irwin Mitchell Solicitors**

**Imperial House, 31 Temple Street, Birmingham B2 5DB**

## **Government Research Grant - news from BTA**

In August this year, the Government, through the National Institute for Health Research (NIHR), announced a record £800 million funding to boost research and allow the development of ground breaking medicines, treatments and care for patients.

The National Biomedical Research Unit in Hearing has been successful in securing one of the 31 awards. Through its partnership with the Nottingham University Hospitals Trust, the University of Nottingham and the Medical Research Council Institute of Hearing Research, **the funding of £6.25 million over 5 years will support research in deafness and hearing problems, including tinnitus** and thus contribute to increasing knowledge among scientists and health care professionals and improving health services for many millions of people.

In total, this is the UK's largest ever investment in 'early stage' health research which will fund advances in diagnosis, prevention and treatment. The partnerships announced today, including Nottingham's Biomedical Research Unit in Hearing, will collaborate with industry and charities, helping to develop the country's science and research base and secure the UK as a world leader in health research.

*Professor Deb Hall* (a BTA Professional Advisor) who lead the application for Nottingham's Biomedical Research Unit in Hearing said: "Nine million people in the UK have significant hearing loss (5 million with tinnitus), yet there is a culture of poor take-up of hearing aids and poor awareness and access to healthcare services. This is an extremely exciting opportunity. This funding will enable us to take important discoveries from basic auditory science and translate them into novel treatments and patient management strategies.

*Professor David Moore*, Director of the Nottingham-based MRC Institute of Hearing Research said:

"The Medical Research Council welcomes this opportunity to work closely with our NIHR colleagues to deliver world leading hearing science into benefit for people with hearing problems".

*Prime Minister, David Cameron* said:

"This unprecedented investment into the development of innovative medicines and treatments will have a huge impact on the care and services patients receive and help develop the modern, world-class health service patients' deserve. A strong competitive science and research base is a crucial part of securing sustainable economic growth and creating jobs of

the future, and we have some of the best scientists and facilities in the world. This investment will help ensure we continue to be at the cutting edge.”

*Health Secretary, Andrew Lansley, said:*

“We want to ensure we can give NHS patients the very best possible treatments and health outcomes. To do this we need to give British scientists the means and tools to develop ground breaking world class health research. That’s why, as part of our £4 billion investment in Research and Development, we have committed £800 million for translational research developing exciting new science into tangible, effective treatments that can be used across the NHS. This will help deliver real improvements in patients’ chances of surviving and living a more independent, healthier and better quality of life. This record investment, part of our essential modernisation plans, will secure the NHS as a world leader in translational research, as well as helping to ensure we give patients the very best treatment possible.”

## **New Zealand Tinnitus Association**

We were very sorry to learn earlier in the year, that the New Zealand Tinnitus Association has had to be closed down. This seemed to be a very supportive Association and their website was really informative.

It is not uncommon to hear that local support groups have encountered either fiscal or organisational difficulties and been forced to fold, but a national association closure is, fortunately, a rare occurrence.

We do hope that the Association will have an opportunity to reform at some time in the not too distant future, as it is a sad loss for all those who have, over the years, made contact, sought advice and established a close relationship in the long term.

**Your Chairman and Committee  
send early Christmas greetings and New Year wishes.  
We would like to thank you all for your support throughout  
the past year and hope that the new city centre venue has  
provided easy access for those who have sought either con-  
tact or tinnitus guidance by attending our monthly meetings.  
We look forward to welcoming you along next year.**

## Retirement

Fred Smith, who has been a long-serving member of our committee has announced his retirement. Fred has always been a stalwart supporter of the group and has made valuable contributions over the years to ensure its progress. In the past, when we were struggling to raise finances, he undertook some of the difficult, frustrating and time-consuming work of completing and submitting those very demanding application forms for lottery funding, and he could always be relied upon for clear and sound advice when any hurdles arose or changes needed to be made.

We extend grateful thanks to Fred for his commitment to our group. It goes without saying that his quiet manner and reassuring presence will be greatly missed by the rest of the committee.

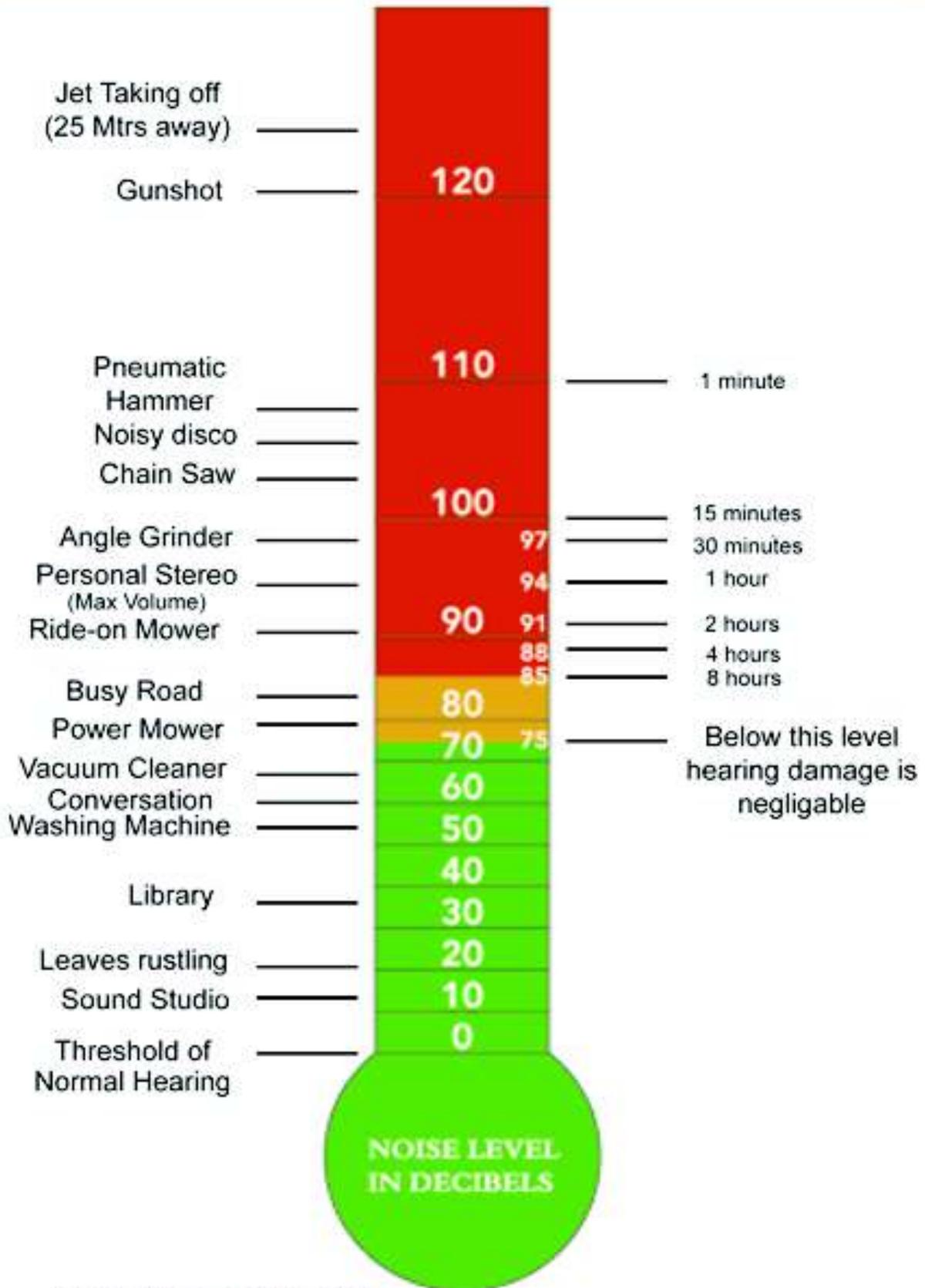
**Question:** This is an unusual paragraph. I'm curious as to just how quickly you can find out what is unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing *is* wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd. But... if you work at it for a bit, you might spot it. Try to do so without coaching!

**Answer:** The letter 'e', which is the most common letter used in the English language, does not appear even once in the paragraph!

### **The Effects of Noise** - taken from the [www](http://www)

Loud noise will exacerbate tinnitus. Ear muffs or ear-plugs should be worn when activities such as lawn mowing or using a chainsaw are undertaken. Nightclubs and entertainment venues that have excessively loud noise should be avoided or ear protection used. If you have to shout to make yourself heard by someone who is 1 to 1.5 metres away from you, be aware that the noise level is considered excessive and it will exacerbate your tinnitus.

The diagram on the next page illustrates the noise levels and corresponding lengths of exposure at which damage to the auditory system can occur. *Remember, prevention is better than cure!*



The above noise levels are approximate and should only be taken as a guide

## **Treatments for tinnitus - TAV website**

**Drugs:** No specific drugs for treatment of chronic tinnitus that are both frequently effective and non-toxic have yet been developed, but research continues. On the other hand, sedatives, anxiolytics or anti-depressants are quite often needed for treating the background state of the patient. Such drugs without counselling are rarely going to be effective though.

**Surgery:** Surgery for tinnitus is never justified. It often exacerbates the condition. If you are in doubt, obtain a second opinion.

**Hearing Aids:** One of the first things to consider is whether to fit a hearing aid or aids, or improve or extend an existing fitting. Rather smaller than usual hearing loss can usually be aided and thereby help the tinnitus as well.

To this end, the patient's acoustic environment should also be enriched, particularly at the quietest times, by addition of background noise at a level that becomes clearly audible when amplified by the hearing aid.

**Maskers:** 'Tinnitus maskers', in their original usage, have proved disappointing in perhaps half of those treated in this way. Moreover complete masking, better described as suppression, may inhibit the process of habituation.

Nevertheless, some patients still find a white noise generator (WNG) useful as a masker to provide temporary symptomatic relief, i.e. comfort while the masking effect is taking place.

**Diet:** Dietary regimes are occasionally helpful. This should start with careful questioning to detect possible tinnitogenic dietary components (e.g. caffeine), drinks or medication, and be followed by dietary exclusion trials to confirm or disprove the potential benefits for that individual. Do not become obsessed with diet. If you enjoy a particular food and you find it gives your tinnitus a temporary increase, IT IS JUST TEMPORARY! So enjoy that glass of red wine, that piece of chocolate or that coffee with the knowledge that your tinnitus will settle down in time - it is all about quality of life!

**Hypnotherapy and Alternative Medicine:** Hypnotherapeutic techniques can be of indirect help by aiding relaxation. Methods of alternative medicine, including acupuncture and herbal preparations, only rarely seem to have any beneficial effect on tinnitus, but can be of worthwhile supportive value if the patient believes they are helping.

*over*

**Tinnitus Retraining Therapy:** Jastreboff and Hazell developed Tinnitus Retraining Therapy (TRT). They believe that if a sensory system is repeatedly exposed to a non-threatening stimulus, the system will eventually habituate to it. There are two components to TRT:

(1) providing counselling so that the patient is not afraid of the tinnitus and (2) exposing the patient to low levels of background noise. It is believed that the low levels of background noise facilitate the habituation process.

This procedure is not without controversy. It has been widely criticised for its lack of supporting data, its apparent disregard of widely held psychological principles, and the manner in which it has been promoted.

**Chasing cures:** Chasing cures for tinnitus is counter-productive as it encourages you to focus on your tinnitus. There is no cure for tinnitus at this point in time. It is better to learn to manage it so that it has little or no effect on your quality of life.

## **Study by National Biomedical Research Unit in Hearing**

Dr Derek Hoare (Study Co-Ordinator) is undertaking, at the National Institute for Health Research in Nottingham, a study which is called “Auditory Games for Tinnitus Benefit”, and volunteers are being recruited to take part.

Three games have been designed to test their benefit for people with tinnitus. It would entail several trips to Nottingham where you would be assessed. You would then be given a laptop complete with the games to take away and “play”. The study is in its early stages so it’s a good time to get involved.

**Criteria:** You must have constant tinnitus and do not wear a hearing aid, or, if you do have a hearing aid, you must have had it for at least a year and not had it reprogrammed within the last six months.

For more information about the study please contact: Sandra Smith at Nottingham on 0115 8232. The address is:  
National Biomedical Research Unit in Hearing, Ropewalk House,  
113 The Ropewalk, Nottingham NG1 6HA

## **Recycling**

Thank you, the latest ink cartridge recycling by our members has rewarded our group coffers with £31.39.

## **Dear Friends,**

As this is the last newsletter I will produce I am taking editor's license by consuming space to say goodbye and thank you. I will be retiring from the B&DTG committee at the end of the year.

Originally I volunteered for the post of Editor as a purely temporary measure, then, when we moved away from the city, I resigned briefly before finally being persuaded back into the seat. My life with tinnitus, the tinnitus world itself, and newsletter production have all changed greatly over the 30 years that I have been committed to B&DTG. In the beginning I used to bash out bi-monthly issues on my kitchen table (firstly on a portable typewriter armed with a lot of Tippex and adhesive for press cuttings) producing pages which Eric photocopied in his office lunchtime. Later, I progressed to a rather swish electric typewriter. Interestingly, I learned that right up to the very end of his life, the writer and broadcaster Alistair Cooke (he of *Letter from America* fame) used his original typewriter which required a constant supply of spools and ribbons. Goodness knows who kept him stocked up but, likewise, I felt my electric model would remain my supportive friend for life. However, eventually, the committee pushed (or should that read 'shoved') me into the awesome world of computers and, still, all these years later, IT continues to overwhelm me! To this day I regard myself as the 'supreme computer Dumbo' and I'm sure Eric will be somewhat relieved to be finally rid of the task of regularly digging me out of trouble just when he's settled into his armchair and is listening to some relaxing or inspiring music!

My committee colleagues will tell you that I regularly agonised about whether or not newsletter content was meeting members' requirements. With little or no feedback from you, dear readers, I always insisted there was a question in our group surveys seeking information regarding your needs, and the same question was occasionally put out at our AGMs. In the end I have always tried to provide what members have indicated they most seek: information; guidance; support; updates on national and international research and local activities. I have also tried to consider an ever-changing membership which includes old as well as new needs. And, lastly, because tinnitus is often a serious problem for those who are new to it (indeed it can remain permanently so for many who struggle to get top-side of it) I have included a light-hearted (usually non-tinnitus) touch of humour via page three and on odd lines scattered through each issue.

*over*

## 16

In the spirit of our group's *Mission Statement*, I have quite simply tried to give the best support and information available to help people cope with tinnitus. If my efforts have fallen short of expectations or perhaps proved boringly stagnant to some, I can only bow out with apologies. At the same time, I sincerely thank everyone, near and far, who have given a great deal of support and shown appreciation over the years.

I shall not be idle in my so-called 'retirement'. I'm now going to fulfill an old promise to help close a few gaps in our village history book and support the work of our exceptional Medical Unit GPs who have asked me to be a member of their Patient Participation Group.

I wish the B&DTG and my former committee colleagues continued success in the future and send warmest regards to all our members.

### **Entering a New Era** (spot the anagram)

Starting in 2012 the newsletter will come under the jurisdiction of an editorial team comprising John Carnie, Eileen Hewitson, Stan Pyne and Louise Scott. The format and content will remain the same.

Emails to the team can still be sent using the usual address on the back cover. Members' contributions will be most welcome.

### **A Royal Honour**

The Tinnitus Research Initiative is very proud to announce that Matteo de Nora, the founder and driving force of the Institute, has been awarded a very high and well-deserved royal honour by the Queen. He has been appointed a *Companion of the New Zealand Order of Merit* for services to medicine.

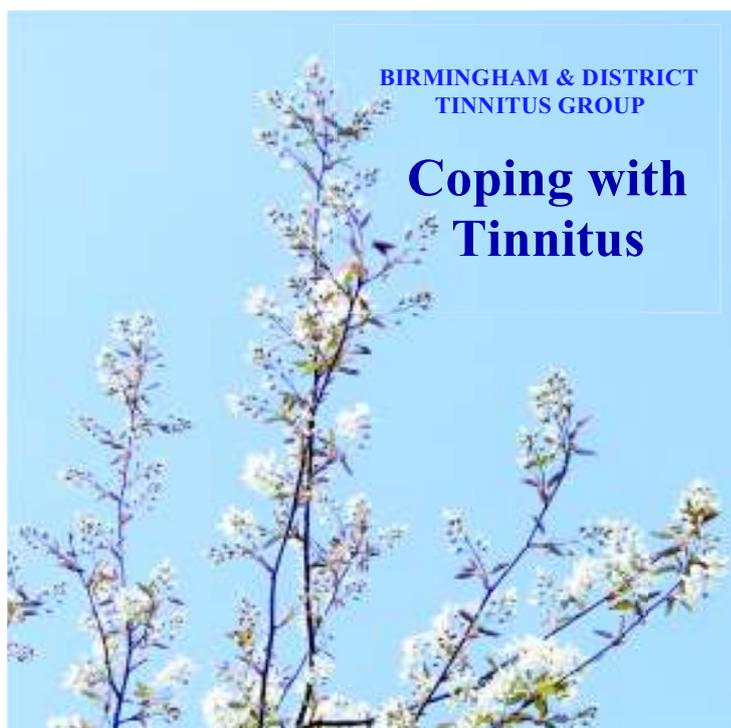
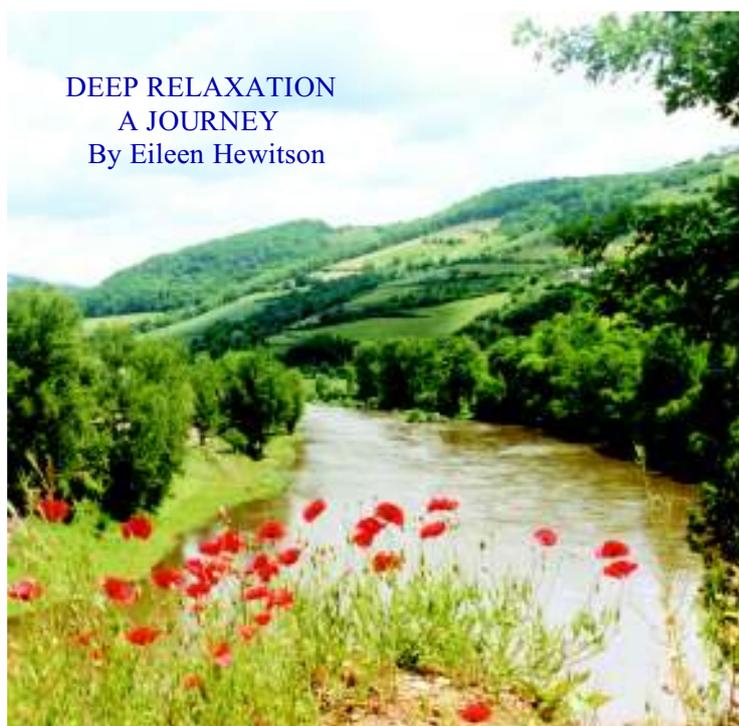
He is to be congratulated for having generated - in a dramatically short time - a fundamental change in the tinnitus field. Thanks to his innovative approach to organising inter-disciplinary open-minded tinnitus research, tinnitus is now perceived as a scientifically respectable and potentially solvable problem. An increasing amount of high-profile researchers in different disciplines from around the world, are now tackling tinnitus from many angles, and there are much more innovative pathophysiologically oriented therapeutic approaches under development than ever before, from which the first set of patients around the world are already starting to benefit.

Read more at <http://www.tinnitusresearch.org>

*Helping the Tinnitus Community for over 30 years*

## Birmingham & District Tinnitus Group

Our group has produced two CDs which have proved to be very popular not only with those who live with tinnitus but also with professionals working in the field of tinnitus



**Our 'Deep Relaxation' CD** covers the six-part relaxation sessions which were specially written for tinnitus by Eileen Hewitson.

**Our 'Coping with Tinnitus' CD** is a double CD version of our group's familiar booklet TINNITUS which was written and produced by our members.

Both CDs are available to members at a reduced price of £6 each including postage (UK only)

Non members may also buy these at £7.50p including UK postage

In case of query contact:  
0121 355 1496

Cheques should be made payable to: B&DTG

To order please state which CD and number of copies required and send to :

B&DTG, 3 Pilkington Avenue  
Sutton Coldfield  
B72 1LA

## **Occasional Papers**

*These are papers produced by B&DTG presenting a variety of points to offer information and support for our members*

### **Acoustic Neuroma**

*A rare problem*

### **Coping Strategies for Tinnitus**

*Twenty tips to help you cope*

### **Combating Insomnia**

*Novel ways to get to sleep*

### **Ear Care**

*Day-to-day care*

### **'Flu**

*NHS information*

### **Hearing Aids**

*The NHS and private routes*

### **Help for the Helpers**

*For those who support us*

### **Library Loans**

*Available to members*

### **Members' Coping Skills**

*Answers to our survey*

### **Mindfulness Meditation**

*New way of dealing with tinnitus*

### **Neck Awareness**

*Avoid bad habits*

### **Noisegard Earphones**

*Noise cancelling*

### **Practise Palming**

*An addition to a relaxation routine*

### **Recommended Relaxation CDs**

*For tinnitus needs*

### **Relaxation Workshop Exercises**

*Simple exercises*

### **Relaxation and You**

*A six-part course for tinnitus needs*

### **Spouse Survival**

*Written by a wife to help others*

### **Stress**

*How to deal with it*

### **Sudden Deafness/Loud Tinnitus**

*A mini emergency in its own right*

### **The Sound of Silence**

*Silence is not golden*

### **Tinnitus Coping Strategies**

*The views of a senior audiologist*

### **Tinnitus: FAQs**

*Some frequently asked questions*

### **TV & Radio Background Noise**

*How to complain about it*

*All the papers listed above can be downloaded from our website at*

***www.tinnitusbham.org.uk***

*Alternatively they can be sent by post. Send requests with a SAE to :-*

*OPs, 3 Pilkington Ave, Sutton Coldfield, B72 1LA*

***See also the British Tinnitus Association's Journal QUIET for a list of their information leaflets and support publications***

**AVAILABLE ON LOAN from the DEREK HICKSON LIBRARY**

*The group is happy for members to borrow and/or trial any of the items and publications which are kept in our tinnitus support library.*

**Sarabec Crescendo** - a listening device which helps you hear TV and conversation

**Tinnitus - Learn to Live WithOUT It!** a video by a USA doctor who has tinnitus

**River & Sea** (a DVD with scenes of moving water)

**Aroma/Sound Relaxer** - also known as an aroma therapy ball

**Under-pillow Speakers for personal listening at night-time**

Borrow one, and if you wish to keep it we ask for a £5 donation to replace stock.

**We have a number of books relating to tinnitus**

**As well as our own, a number of CDs are also available**  
including

**The British Tinnitus Association's Sound therapy/relaxation CD**  
*'Surf on Deal Beach'*

**&**

**The British Tinnitus Association's CD 'Representative Tinnitus Sounds'**  
which are both obtainable direct from the BTA in Sheffield. (See back cover)

*Members - for library loans, contact any of our Friendly Ears & Voices or borrow direct from the library if you attend one of our meetings.*

*Visit our website or email us for more detailed library contents.*

**FUNDRAISING - EVERY LITTLE HELPS**

**[www.everyclick.com](http://www.everyclick.com)**

Log onto the above search engine (SE) and select us as your charity. Then use this as your SE and we'll receive funds for every click you make, with no cost to you.

**[www.buy.at/tinnitusbham](http://www.buy.at/tinnitusbham)**

Our group funds will receive a commission when you buy online.

**Recycling your empty ink cartridges and old mobile phones**  
**are also a valuable source of funding for our group**

*phone Eric on 0121 355 1496 for information and recycling envelopes.*

Register for GIFT AID with your membership and we can reclaim the tax

*Helping the Tinnitus Community for over 30 years*

# Dates for your Diary

**Monthly Daytime Support Meetings 10.30 until 12 noon  
are held on the second Tuesday of each calendar month**

*Note: these meetings are now held at our new city centre venue:*

**Irwin Mitchell Solicitors  
Imperial House, 31 Temple Street, Birmingham B2 5DB**

Nov 8; Dec 13

*Dec 10th - do not forget you are all welcome to come to our Christmas gathering for some light refreshments and a chance to meet with your committee. Details are on page 8*

## 2012 Diary

Jan 10; Feb 14; Mar 13; April 10; May 8; June 12;  
July 10; Aug 14; Sept 11; Oct 9; Nov 13; Dec 11

### ***USEFUL SUPPORT LINKS:***

**BTA Tinnitus Helpline** Freephone : 0800 018 0527 Fax : 0114 2582279  
e-mail : [info@tinnitus.org.uk](mailto:info@tinnitus.org.uk) Website : [www.tinnitus.org.uk](http://www.tinnitus.org.uk)  
For advice and excellent support literature

**RNID Information Line** Freephone : 0808 808 0123 Fax : 020 7296 8199  
e-mail [informationline@rnid.org.uk](mailto:informationline@rnid.org.uk) Website : [www.rnid.org.uk](http://www.rnid.org.uk)  
For factsheets on hearing and deafness

We look forward to welcoming you to our monthly meetings.

With kind regards,

Ann Perry Email : [editor@tinnitusbham.org.uk](mailto:editor@tinnitusbham.org.uk)

**My parting Endpiece - *I'm told this is an Irish blessing***

May your troubles be less, may your blessings be more, and may nothing but happiness come through your door.

*Disclaimer : Reports and comments in Ears News do not necessarily reflect the views of the Birmingham & District Tinnitus Group. We always advise that you consult a doctor on all health matters. Remember, surfing the internet is no substitute for obtaining expert medical advice.*

*Helping the Tinnitus Community since 1981*