

**FRIENDLY VOICES  
(AND EARS)**

John – 07962 170990

Eileen -07504 222959

Jenny -07989 444037

Liz - 07977 952403

Ann - 07729 056211

Further information can be obtained by contacting any of the above  
friendly voices or by

E-mailing us at [info@tinnitusbham.org.uk](mailto:info@tinnitusbham.org.uk)

And by writing directly to us at:

The Birmingham & District  
Tinnitus Group  
The Deaf Cultural Centre  
Ladywood Road  
Birmingham B16 8SZ



# TINNITUS!

*The Birmingham & District Tinnitus Group  
Offers Support Sessions For Those Who Are  
Finding It Difficult To Cope With Their Tinnitus*



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



## WHAT TINNITUS IS!

Tinnitus is the name given to any kind of noise heard in the ears or head. Different people hear different noises: banging, whistling, humming, buzzing, cracking and ringing - to name but a few. It may seem to come from one ear, both ears or from inside the head, and can vary greatly in volume.

The precise mechanism of tinnitus is not known. However, it is nearly always associated with some kind of damage to the hearing system which can be put down to several reasons such as noise exposure, infections, genetic disorders, and general wear and tear. Tinnitus can affect anyone whose hearing system has been damaged to any degree, from those with little or no hearing loss to those who cannot hear at all.

## WHAT TINNITUS IS NOT!

Tinnitus is not a disease but a symptom or side effect, usually of damage to the hearing system. Very, very rarely does it have a sinister cause, and it is certainly not a sign of insanity!

## WHY THE GROUP WAS SET UP

Yet, there is no medical cure for tinnitus, and for this reason it needs to be managed from a therapeutic angle. Information, advice and support are the best medicines for tinnitus, and belonging to a group is one way of receiving a regular dose.

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

Marie Curie

## AIMS OF OUR GROUP

To give all tinnitus sufferers in Birmingham and the surrounding areas access to up-to-date information through: -

- Meetings & Support Literature:
- To offer anyone troubled by tinnitus the chance to meet other sufferers in a supportive environment.
- To provide opportunities for members to share ideas about coping with tinnitus.
- To support tinnitus research and work towards improvement of services available to tinnitus sufferers.

## INFORMAL SUPPORT MEETINGS

These are held on the second Tuesday of February, April, June, August October and December in the centre of Birmingham 10:00 till 11:45

We also hold occasional Saturday morning sessions – Dates for 2025/6:

Saturday 13 September 2025, Saturday 10 January 2026 Saturday 9 May 2026 All from 10:00 till 11:45

All meetings are held at:

St Martin in the Bullring

Edgbaston Street

Birmingham

B5 5BB

<https://www.bullring.org/>



They provide an opportunity for people to share experiences and ways of coping with tinnitus. They are ideal for the new sufferer and everyone, including family and friends, is welcome to drop in.