

# TINNITUS!

*Joining our group allows us to  
make your voice heard.  
Help us to help you and other  
tinnitus sufferers.*



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

## FRIENDLY VOICES (AND EARS)

01384 831032 - Eileen

0121 355 1496 - Eric

0121 352 0671 - Lorna

0121 241 6276 - Stan

0121 747 9369 - Brenda

01905 21977 - John

0121 355 2047 - Jennifer

Further information can be obtained by  
contacting any of the above friendly voices or  
by  
E-mailing us at [help@tinnitusbham.org.uk](mailto:help@tinnitusbham.org.uk)

And by writing directly to us at:

The Birmingham & District  
Tinnitus Group  
Ladywood Road  
Birmingham B16 8SZ



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

Marie Curie

## 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 a number of 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 in itself 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 BIRMINGHAM GROUP WAS SET UP

As 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!

## AIMS OF OUR GROUP

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

- Meetings; Newsletters & 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 each month in the centre of Birmingham (please see our newsletter, website or contact any Friendly Voice for venue)

They provide an opportunity for people to share experiences and ways of coping with tinnitus. These meetings start at 10.30 a.m. and finish at 12.00 midday. They are ideal for the new sufferer and everyone, including family and friends, is welcome to drop in.

## MEMBERSHIP

When you become a member of our group you are supplied with a **free booklet** which provides immediate advice and information. Committee members are available to offer support and guidance whenever it is needed. Very often, relatives and friends of those who have tinnitus find that they themselves need help. We are here to support those people too.

## SUBSCRIPTIONS

We have two levels of subscription fees.

- (1) For £8 pa you can join our Group and receive six copies of our newsletter EARS NEWS and access our support services.
- (2) For £18 pa (an extra £10) as well as being a member of our group, you can become an affiliated member of the British Tinnitus Association (BTA). You will then also receive their quarterly journal QUIET.

## Birmingham & District Tinnitus Group Membership Application Form

I wish to become a member and enclose

B&DTG Membership	£ 8.00
Membership plus the BTA	£18.00
(Please delete one of the above as required)	
Donation to research etc.	£.....
Total	£.....
Cheques to be made payable to B&DTG	

**GIFT AID** - I wish the charity to treat all donations I make from the date of this declaration until I notify you otherwise as Gift Aid Donations

Signature.....

Date ...../...../.....

Name.....

Address.....

Post Code.....**BLOCK LETTERS PLEASE**

**Post to:**

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

*Thank you*

*(2011)*