

## **Aintree Tinnitus Support Group Meetings 2018**

Meetings are held on the **first Wednesday of each month** in Room 2.07 of the Clinical Science Centre, Aintree University Hospital. The meetings start at 6 pm and finish at 7.30 pm.

The Terms of Reference of Aintree Tinnitus Support Group:

***To provide additional information and support to patients, and their significant others, living with tinnitus.***

***It is not a substitute for an individual management plan and individual medical advice cannot be given at the meetings.***

**January:** No meeting in January

**7<sup>th</sup> February:** The Positive Thoughts Course – Mrs. Sue Martin

Tinnitus Week - 5th-11th February

**7<sup>th</sup> March:** Mindfulness – a practical session. Ruth Dark, Psychological Therapist

**4<sup>th</sup> April:** The role of the British Tinnitus Association (BTA). David Stockdale, Chief Executive, BTA

***Tenth Anniversary of the Aintree Tinnitus Support Group***

**2<sup>nd</sup> May:** Tinnitus, hearing loss and Deaf Awareness. Jennifer Fahy, Audiologist

Deaf Awareness Week 14<sup>th</sup>-20<sup>th</sup> May

**6<sup>th</sup> June:**

**4<sup>th</sup> July:** Personal Reflections on the role of Clinical Health Psychology and Long-Term Conditions  
Lloyd Gemson, Trainee Clinical Psychologist

**August:** No meeting in August

**5<sup>th</sup> September:** Practical ways to improve sleep. Gaynor Chittick, Chief Audiologist

**3<sup>rd</sup> October:** Tinnitus management options. Kim Moss, Senior Audiologist

**7<sup>th</sup> November:** Yoga and relaxation. Carli-Ann Parry, Yoga Practitioner

**5<sup>th</sup> December:** Tinnitus Refresher: What helps tinnitus? Tony Kay, Head of Audiology Services

Further information can be found on the group's website at:

<http://www.aintreehospitals.nhs.uk/HospitalServices/Pages/Tinnitus-Support-Group.aspx>

British Tinnitus Association: <http://www.tinnitus.org.uk>

BTA Helpline 0800 018 0527

E: [audiology@aintree.nhs.uk](mailto:audiology@aintree.nhs.uk)

New to tinnitus? Visit useful tips at [takeontinnitus.co.uk](http://takeontinnitus.co.uk)