

**By joining the Support Group
you need never feel alone**

Our group has brought hope to many people through their caring and sharing knowledge.

Our aim is to improve the quality of life for people who have tinnitus and their families / friends.

Aims of the Group

The main aim of the Group is to keep a positive outlook and to encourage and help people to develop a strategy to help themselves. A group quarterly Newsletter is circulated to all members on a regular basis, giving details of the forthcoming programme of activities.

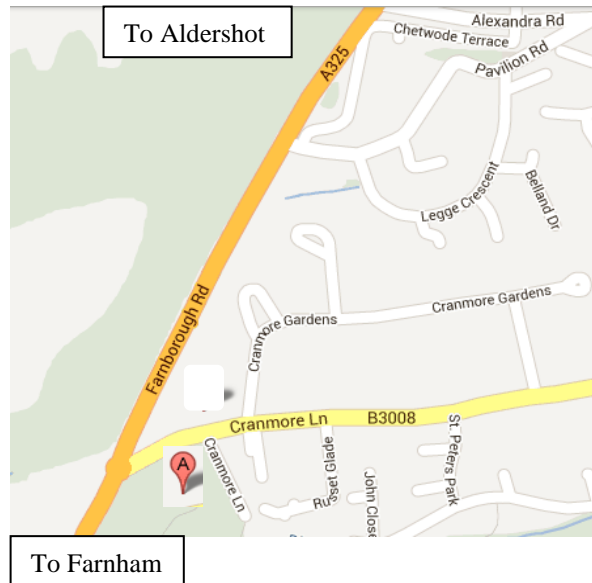
**Tinnitus UK
Freephone Helpline
0800 0180527**

**Action for Hearing Loss
Freephone Helpline
0808 808 0123**

**Rowhill Nature Reserve
Cranmore Lane
Aldershot GU11 3BD**



Bus No 4 from Farnham
& Aldershot stops here



Affiliated to Tinnitus UK

**We meet 2nd Wednesday
every month at
Rowhill Nature Reserve,
Cranmore Lane, Aldershot GU11 3BD,
From 1.30pm to 3.30pm**

How to get in touch

01252 318121 – Jacqueline, Chair
01344 780453 – Hazel, Counsellor
01252 540545 – Pauline, Counsellor

Email

aldershottinnitus@outlook.com

Website

<https://tinnitus.org.uk/support-for-you/service-finder/aldershot-district-tinnitus-support-group/>

Information

- Group Newsletter
- Latest Research
- Sound Enrichment
- General information on tinnitus related problems

Support

- Library of books and CDs available
- Committee of seven people
- Chairman of the group is an ex-NHS Principal Hearing and Balance Therapist
- Support of medical experts
- 2 Lay Counsellors

Advice

- Stress management
- Relaxation Therapy
- Diet



Equipment

- Naturecare Sound Therapy Machine
- White Noise Generator
- Pillow speaker

Sleep Phones wired available from Tinnitus UK



We can help you with Information-Support-Advice

About our Group

The Aldershot & District Tinnitus Support Group was originally started for patients in March 1992. We believe that when tinnitus is first diagnosed, the best person to contact is someone with experience and understanding from a local group. Some people are still told that **“nothing can be done”** and this often leads to a feeling of isolation or depression, which is helped by contact with others in a similar situation.

Three things to avoid, if possible:

SILENCE – always have a radio on quietly in the background. If you have a hearing loss, no matter how slight, you must have **sound** going in your ears.

STRESS – try to relax if you are getting wound up about your tinnitus.

SLEEPING – If you are not sleeping properly, then you are less likely to be able to manage your tinnitus the next day, so once again **relaxation** and **sound enrichment** are vital.

Members meet informally 2nd Wednesday every month at Rowhill Nature Reserve, Aldershot, GU11 3BD (unless otherwise stated).

We have speakers covering a wide range of topics, including Tinnitus Specialists from Frimley Park Hospital & Royal Surrey County Hospital and British Tinnitus Association. Also, slide shows, quizzes, social events and a chat over refreshments.

We also run seasonal fund-raising events.

The Committee of 7 volunteers work hard to make people’s visit to the group worthwhile. Most of the members are senior citizens, who are fully committed, but we are always on the lookout for new people to share the workload.

The quarterly newsletter also contains items of news and relevant information on tinnitus from around the world.

Additional information available

Over the years the Group has collected a fairly wide selection of books and literature on tinnitus, which members are able to borrow from our library. A number of leaflets and booklets are also available free, or may be purchased for a small sum. Selections of CDs are also available on loan.