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**British Tinnitus
Association**

Tinnitus Information Day Programme

**Saturday 14 October 2017
Jurys Inn, Charlotte Place
Southampton, SO14 0TB**

- 9.30** **Registration, Tea/coffee**
- 10.00** **Introduction**
British Tinnitus Association
- 10.15** **Tinnitus – the basic facts**
Don McFerran - Consultant ENT Surgeon
Essex County Hospital, Colchester
- 11.00** **The impact of tinnitus**
Laurence McKenna - Clinical Psychologist
Royal National Throat, Nose & Ear Hospital, London
- 11.45** **Local support**
- 12.00** **Lunch & exhibitors**
A chance to visit exhibitors' tables
- 12.45** **Taster sessions**
(mindfulness, tai chi,relaxation)
- 13.30** **Audiological and medical treatments for tinnitus**
Don McFerran - Consultant ENT Surgeon
Essex County Hospital, Colchester
- 14.15** **Psychological approaches to managing tinnitus**
Laurence McKenna - Clinical Psychologist
Royal National Throat, Nose & Ear Hospital, London
- 15.00** **Q&A/Close**