

## Other NDA Services

- Hearing Support Service
- Befriending
- Assistive Technology Clinic
- Deaf Awareness Training
- Hard of Hearing Club
- BSL Courses and Practice Groups

## Volunteering for the NDA

The NDA relies on volunteers who work on our mobile clinic and our other services and help us make a difference to the lives of deaf and hard of hearing people across Norfolk.

## Friends of the NDA

You can become a Friend of the NDA and keep up with our events and activities while helping us to continue delivering our services all over Norfolk.

## Assistive Technology Clinic

Assistive Listening Technology clinics are held at our Thorpe HQ each Thursday between 10am and 1pm and on Tuesdays by appointment. We offer free impartial advice and allow you to try phones, loops, personal listeners and alerting devices.

## Contacting the NDA

For further information about our services or to volunteer:

**120 Thorpe Road  
Norwich**

**Norfolk NR1 1RT**

Phone: 01603 404440 (voice/minicom)

Fax: 01603 404433

email: [nhss@norfolkdeaf.org.uk](mailto:nhss@norfolkdeaf.org.uk)

**Norfolk Deaf Association**

Charitable Company Limited by guarantee registered in England and Wales.  
No 07966408

Registered Charity in England and Wales. No 1146883

## Norfolk Deaf Association Tinnitus Support Group



## 2018 Programme

- A holistic approach to helping you live with tinnitus
- Acknowledgement of the reality of your experience
  - Mutual support within the group
  - Regular experts speakers on tinnitus
  - Information about research into tinnitus

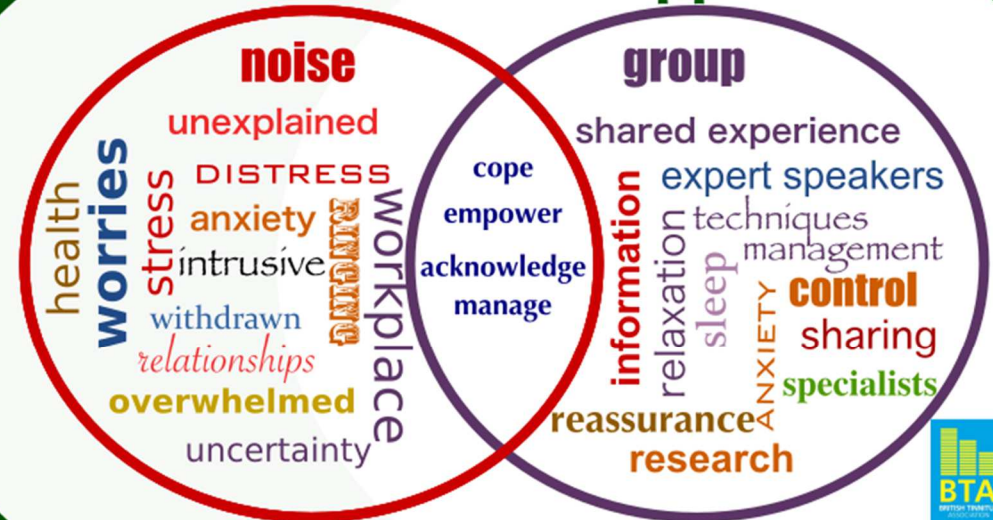
At the NDA

120 Thorpe Road, Norwich NR1 1RT



## Tinnitus

## Support



[www.norfolkdeaf.org.uk](http://www.norfolkdeaf.org.uk), E: [tinnitus@norfolkdeaf.org.uk](mailto:tinnitus@norfolkdeaf.org.uk), P: 01603 404 440

## NDA Tinnitus Support Group Events Calendar January – June 2018

Date	Speaker	Organisation	Topic
January 18 <sup>th</sup> 6.00 -- 8.30pm	Dr Tal Moore, Clinical Psychologist BA (Hons), MSc (Distinction), Clin.Psy.D, C.Psychologist	Eye Movement Desensitization and Reprocessing Therapy.	Dr Moore invites one of the participants who has completed a trial to speak about her own experience of having EMDR for tinnitus.
February 15 <sup>th</sup> 2:30 – 4:30pm	Lucy Hanscombe	Tinnitus Research	Lucy shares the findings from research into tinnitus
March 15 <sup>th</sup> 6.30 -- 8.30pm	Jackie Heffer-Cooke	Director, Yoga Teacher, Writer, Producer and Presenter	Jackie discusses how the practice of yoga can be beneficial to those with tinnitus. She describes how it has helped her with her own experience of tinnitus.
April 19 <sup>th</sup> 2.30 -- 4.30pm	Magda Seranda Senior Research Fellow - British Tinnitus Association Head of Research. Nottingham Biomedical Research Centre	Sound Therapy and its effectiveness.	Ask the group of any specific questions they may have.
May 17 <sup>th</sup> 2.30 -- 4.30pm	John Phillips ENT Department, Consultant ENT Surgeon	Norfolk and Norwich University Hospital Foundation Trust	John talks about developments in the treatment and management of tinnitus.
June 21 <sup>st</sup> 6:30 – 8:30pm	Angela Sellens Drake M.A.R. Pathways Reflexology	Can Reflexology Help You Cope with Tinnitus	Angela has over 27 years' experience in the field of Reflexology and specialises in light-touch reflexology techniques, which many find to be both subtle and powerful