



Suppliers and Contacts

These information sheets contain details of various products, devices, people and places etc which may help you manage your tinnitus – contact details are listed.

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Hearing Protection

Advanced Communication Solutions are dedicated to providing the best strategies for hearing conservation. Their products include:

- For vocalists in noisy bands ER - 9 earplugs
- For musicians and disc-jockeys Elacin R-15 & ER-25 musicians earplugs
- For nightclub visitors Elacin ER-15 musicians earplugs
- For motorcyclists Elacin biopact

The range of Elacin Products are available from:

ACS Ltd (Elcea), 129 Southdown Road, Harpenden, Hertfordshire, AL5 1PU

Tel: 01582 767 007

Email: info@hearingprotection.co.uk Website: www.hearingprotection.co.uk

Other ear protection products are available from:

Puretone Limited, 10 Henley Business Park, Trident Close, Medway City Estate,
Rochester, Kent ME2 4FR

Tel: 01634 719 427

Email: tinnitus@puretone.net Website: www.puretone.net

Earplanes, earplugs said to help equalise pressure when flying, available from Boots and larger chemists but if you can't find them locally, contact:

GM Technologies, 20 Ashburnham Gardens, Eastbourne BN21 4LZ

Tel: 01323 726 352

Noise Generators / Maskers

Wearable sound generators should be provided by your Audiology or ENT Clinic, however, provision of equipment within the NHS varies widely from clinic to clinic, depending on the amount of money available. Contact your local health professional.

Natural Sound Devices

Acctim Nature Sounds LED Alarm Clock – Argos – Gently fall asleep to 1 of 4 different nature sounds. Sleep feature is programmable up to 59 mins. Wake to forest or buzzer alarm sounds. Amber LED display. Battery backup requires 1 x 9v battery.

Relaxation Therapy Ball – complete with built-in electronic timer, this device features 7 soothing sounds to relax you at work or in the home.

For contact details see **Puretone Ltd** below

Pillow Speakers / Bedside Maskers

Puretone Ltd - Slimline desktop/Pillow masker

Naturcare Relaxation device – a selection of natural sounds

Sound Pillow - lets you relax to the sounds you want to hear, without disturbing the person next to you. *For more details contact:*

Puretone Limited, 10 Henley Business Park, Trident Close, Medway City Estate,
Rochester, Kent ME2 4FR

Tel: 01634 719 427

Email: tinnitus@puretone.net Website: www.puretone.net

Pillow Talk PT9918 - pillow speaker for personal listening.

For more information contact:

Roberts Radio Ltd, PO Box 130, Mexborough S64 8YT

Tel: 01709 571722 fax 01709 571255

Email: information@robertsradio.co.uk

Website: robertsradio.co.uk (go to the accessories link to find the pillow speaker)

We have a limited range of sound devices available direct from the BTA office.

- **Puretone Naturecare Soundrelaxer with timer.** - a selection of natural sounds lets you relax to the sounds you want to hear **£25.00 incl. post & packing.**
- **Roberts Pillow Talk** - pillow speaker for personal listening with volume control **£9.00 incl. post & packing**
- **RadioShack Pillow speaker** with volume control **£6.75 incl. post & packing**

Please call us on 0114 250 9933 for further details

Relaxation CDs and Tinnitus Audio Cassette

There are many types of relaxation CDs available, it is worth trying different ones in order to find one that suits you.

Sea on Deal Beach - Pleasant sounds of the seashore available on CD from the BTA office. Price £7.50 inclusive of postage and packing.

White Noise CD – free of charge on request from the BTA office

Tinnitus - BTA Information audio cassette - all the facts about tinnitus and also simulated tinnitus sounds. £2.95 inclusive of p&p. Available from the BTA Office.

New World Music - Extensive range of relaxing music, natural sound CDs.

Tel: 01986 891600

Website: www.newworldmusic.com.

www.yourfavouriteshop.com – for a wide selection of relaxation, self-help and white noise CDs

Self-Help / Support

Self- help groups and contacts - The BTA has a list of groups and contacts in the UK and Eire. *The groups* are run by volunteers, the majority of whom have experienced tinnitus, and can therefore provide support. Many hold group meetings and events, all of which you can find out by contacting them. *The contacts*, are also volunteers who provide help and support- they do not however, hold meetings or events.

Contact the BTA office for more details.

Alternative and Complementary Therapies

You should always ensure that any practitioner you choose is suitably qualified and registered. The following umbrella organisations represent the interests of the alternative and complementary sector.

The British Complementary Medicine Association manages a register of hundreds of complementary medicine therapists specifically aimed at putting members of the public in touch with suitable qualified practitioners.

For further details contact:

BCMA, PO box 5122, Bournemouth BH8 0WG

Tel: 0845 345 5977 Fax: 0845 345 5978

Email: info@bcma.co.uk Website: www.bcma.co.uk

The Institute for Complementary Medicine provides public information, research, supervises training and sets practitioner standards.

Send sae and two first class stamps ICM PO Box 194, London SE16 1QZ

Tel: 020 7237 5165

Email: info@i-c-m.org.uk Website: www.i-c-m.org.uk

The British Register of Complementary Practitioners is linked to the British Council, send sae with three first class stamps to: PO Box 194, London SE16 1QZ

Tel: 020 7237 5165

Email: info@i-c-m.org.uk Website: www.i-c-m.org.uk

The Prince of Wales's Foundation for Integrated Healthcare

A charity established at the personal initiative of His Royal Highness, The Prince of Wales, to develop training, best practice and regulation in the delivery of an integrated healthcare system

For further details contact: 34-41 Dallington Street, London EC1V 0BQ

Tel: 020 3119 3100 Fax: 020 3119 3101

Email: info@fihealth.org.uk Website: www.fihealth.org.uk

Claiming Compensation - Useful Addresses

Department of Social Security - see your local telephone directory for details.

Service Personnel & Veterans Agency

The Service Personnel & Veterans Agency is an Executive Agency of the Ministry of Defence. Its mission is to deliver modern, high-quality, customer-focused services to war disablement pensioners, war widow(er) s, their dependants and carers and other veterans; and to deliver them consistently, efficiently and effectively in recognition of the many extraordinary and unique personal sacrifices made in defence of the nation.

Service Personnel & Veterans Agency (SPVA), Room 8102 Norcross, Thornton
Cleveleys, Lancashire FY5 3WP
Freephone helpline: 0800 169 22 77
Textphone: 0800 169 34 58 Fax: 01253 330561
Email: veterans.help@spva.gsi.gov.uk Website: www.veterans-uk.info

Welfare benefits / Pensions advice

Dial Doncaster – Disability Advisory Service, for details of any local branches near you where you can get information on claiming benefits, help with application forms, advice about appeals, tribunals etc.

DIAL, St Catherine's, Tickhill Road, Doncaster, DN4 8QN

Tel: 01302 310 123 Fax: 01302 310 404

Email: informationenquiries@dialuk.org.uk Website: www.dialuk.info.co.uk

The Royal British Legion, 48 Pall Mall, London SW1Y 5JY Tel: 020 7973 0633

Legionline - national advice and information helpline for the serving and ex-service community.

Tel: 0345 725 725, (charged at local rate) 9am - 4pm Monday – Friday

(Calls strictly confidential)

Ex-Services Mental Health Welfare Society provide advice on War Pensions for ex-service people and war widows.

For more information contact:

Tyrwhitt House, Oaklawn Road, Leatherhead, Surrey KT22 0BX

Head office tel: 01372 841600

Email: contactus@combatstress.org.uk Website: www.combatstress.com

General Advice

Citizens Advice Bureaux - consult your local telephone directory for details of your nearest branch. Provide free, confidential advice and information.

Independent Local Advice Centres and Local Law Centres - Your library should be able to provide details of any of these in your area.

Reading

Tinnitus- a multidisciplinary approach by Gerhard Andersson, David Baguley, Laurence McKenna, Don McFerran.

Provides a broad and detailed account of the recent developments in tinnitus research and clinical management. *If you would like to purchase this book online it can be bought through **www.buy.at/bta**. Simply go to the A-Z of stores and enter the amazon site. If you buy items here, the BTA will receive 5% of the purchase price as a donation, but it must be done via*

www.buy.at/bta . If you buy through the Blackwell site on **www.buy.at/bta** the BTA will receive 6.4% of the purchase price as a donation.

An excellent book **Self - Help Groups, Getting started - keeping going** by Judy Wilson, available from all good book shops.

Websites

If you have access to the internet, visit the BTA Website for more information. Click on Useful Links to get to more helpful sites.

Website: www.tinnitus.org.uk

Information provided here does not imply endorsement by the British Tinnitus Association.

This information is not a substitute for medical advice. You should always see your GP / medical professional

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