

Quiet Ireland

April 2019 - Issue No. 92



“Mighty Oaks from little acorns grow”

They say that mighty oaks from little acorns grow.

Look at what has been achieved by the ITA in 23 years.

We’ve come a long way from sharing a desk, borrowing a chair to sit on and one drawer to keep our papers in. Now, here we are in 2019 with tinnitus support services well established in all Chime Resource Centers nationwide.

This could not have been achieved without the commitment and a lot of hard work by our small voluntary committee and of course we are most grateful for all the practical help and support over the years from the management and staff of National Association for Deaf People as it was then known, later Deafhear and more recently from Chime management and staff. We in the ITA are most grateful for all that has been done to help us achieve this.



**Charities Regulatory
Authority (CRA)
Number
20036393**

35 North Frederick Street, Dublin 1
Tel: 01-8175700
Tinnitus Information Line: 1800 256 257. (Mon. – Fri.)
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The start of the Irish Tinnitus Association



Valerie O'Dea

Tinnitus came into Valerie O'Dea's life in the Autumn of 1995 in the form of five noises (the most distressing being a low frequency hum). It took her a while to adjust. On realising that there were no clinics, no support groups, nothing here in Ireland for people suffering from this distressing complaint, she was motivated to start the Irish Tinnitus Association. In December 1995, Valerie wrote to the British Tinnitus Association and they printed her article in their 'Quiet' Magazine appealing for Irish Tinnitus Sufferers to contact her. My involvement came when I answered Valerie's appeal and arranged to meet her, along with several other people, in her house in February 1996. This was the beginning of The Irish Tinnitus Association. In April 1996, due to Valerie's hard work and with the assistance of Niall Keane the then CEO of the National Association for Deaf People, which became DeafHear and is now CHIME, The Irish Tinnitus Association was born! We owe a great deal to Valerie O'Dea. It was her motivation, her sheer determination to do something here in Ireland for people with Tinnitus that gave us The Irish Tinnitus Association.

A short time later Valerie had to return to England. This led to many questions "What was going to happen to the Association?" "Would it be able to continue?" and the biggest question of all! "Was I willing to take over from her?" The answer to the last question was of course 'yes' And so I took over the running of the Irish Tinnitus Association and I could not have done so without the help and support of Niall Keane, the former chief executive, and the staff of The National Association for Deaf People (now CHIME) They were an enormous practical help to me personally, and to the Association.



Niall Keane, former CEO of NADP/DeafHear (now Chime)

I have a very grand title 'chairperson' but I think 'Girl Friday' would be more apt as I took on the various jobs that entail running a voluntary charitable organisation. The ITA have a small unpaid voluntary committee and we have had regular committee meetings over all the years.

The Future

Our main concern was and continues to be that tinnitus sufferers, in Ireland, have access to information, access to each other and as much practical help as possible.

Jean Scott
Chairperson

Memorandum of Understanding

DeafHear (now known as Chime) and the Irish Tinnitus Association signed a “Memorandum of Understanding,” in June 2017, which formalised the working relationship between the two organisations.

Background

In 1998 the ITA committee became concerned about the future of the Association and they felt that some sort of action should be taken to protect the future interests of those who looked to the Association for support and help and therefore sought and achieved a closer relationship with National Association for Deaf People (as it was then known).

In 2016 the Board of DeafHear decided that the relationship between it and its associated organisations – which included ITA – should be formalised. In Autumn 2016 and early 2017 meetings were held between the two organisations, at which the outline of a Memorandum of Understanding was agreed. Following a process of drafting and refining a final document was agreed and signed by both organisations in June 2017.

The Future

DeafHear (now Chime) and ITA have had an excellent working relationship for over twenty years.



*Mark Byrne, Chief Executive Officer of Chime
finalising the Memorandum of Understanding with
Martin Carroll Secretary of the Irish Tinnitus Association*

However, ITA had identified that significant challenges existed in determining the future of the organisation. As a result, Chime (formerly DeafHear) and ITA both agreed that the tinnitus support services in Ireland should be transferred to Chime, who will continue to provide this service.

*See Quiet Ireland Newsletter no 86, Christmas 2017
for the full Memorandum of Understanding document.*

The Future of Tinnitus Services

by Mark Byrne, CEO, Chime

In Chime, we have been very conscious of the selfless work carried out by the Irish Tinnitus Association, through Jean and Martin, over the years. Their dedication has been a remarkable voluntary service which has provided countless people with support and help. As a testament to the work done by the ITA, Chime wanted to ensure that there would be continuity of service once Jean and Martin decided it was time to take a step back. During the last two years we have been working closely with the ITA to put the appropriate plans in place to ensure the smooth continuation of Tinnitus Support Services in Ireland.



We have undertaken a training programme to ensure our Resource Centres have appropriately trained staff to deal with any Tinnitus enquiry that comes into us. The Resource Centres are developing a plan so that each area will have both individual and group supports available where needed. We also have a Freephone information line available for those who need over the phone support. This line operates Monday to Friday 9.30 to 5.00. Tel: 1800 256 257.

Please get in touch if we can help in any way through our centres, website or social media or through the information line.

Tinnitus Help and Support

In 2011 the BTA 'Quiet' published a report by Dr Pat Naughton and Jim Wall from our former Cork Support Group on their thoughts on the role of Tinnitus Support Groups.

The practise of people meeting together to share their experiences of dealing with particular social, personal and health problems has existed for many years. Such groups have generally emerged when people came face-to-face with the limitations of the standard of health and welfare services. The support group has often appeared, to many, as the only place left that might offer some kind of help when all else had failed or 'the system' had acknowledged that there was nothing more to be done.

In the health area, it is those seemingly unresolved and chronic conditions, such as tinnitus, that, often, prompt people to look to each other for support. Support Groups have often developed because many in the modern era are less willing to tolerate conditions which reduce quality of life and are not prepared to simply 'learn to live' with them.

For well over thirty years now, support groups for those with tinnitus have been in existence in many parts of the world, Britain and Ireland included. As we can see from BTA 'Quiet' there are significant number of groups spread over the UK and more coming on stream all the time. There are a number of Groups in Ireland and in the south these Groups are now run by Chime Tinnitus Support staff from their local resource centers.

In 2014 the BTA issued a report on 'Support Groups and their effectiveness' whilst it was a relatively small-scale survey the results indicate that people may gain significant benefits from attending a tinnitus support group. The survey demonstrated that attending a support group can be beneficial for some people with tinnitus, in terms of their general well-being and emotional health, as well as their ability to understand and manage the condition itself.

Support Groups play a role in helping to access accurate information on tinnitus, the approaches which might be taken to cope and, hopefully, gain some relief. It is in sharing and knowing that they are not alone. And to know that it is possible to help each other come to terms with and in some way manage their Tinnitus. We know Groups are not for everyone and some people prefer just 'one to one' support.

The Future

CHIME now has at least one dedicated member of staff in each of its resource centers around the country trained to deal with tinnitus clients and they are actively involved in organising tinnitus support meetings/information days and one to one counselling (by appointment) in the various areas around the country. To access your local tinnitus support service please contact your nearest CHIME resource centre. (see the back page of the newsletter or visit the web site www.chime.ie)



Chime staff pictured at a recent Tinnitus Support Training Conference

Membership and Newsletter

The ITA committee has now agreed that the time has come for us to implement the Memorandum of Understanding agreed in June 2017, to safeguard tinnitus support around the country. This will mean many changes to the structure and management of the future services of ITA.

The following changes to Membership will occur:

From July 2019, there will no longer be a membership fee required. Chime resources are available freely to anyone who has hearing issues, whether it is hearing loss, tinnitus or menieres. For members who have paid for future years a refund will be issued in due course.

The Chime resource centres will keep in touch and will advertise any tinnitus information days/meetings etc that will be happening in the future.

Quiet Ireland Newsletter

At the first general meeting of the Association in Dublin on 19th October 1996, it was proposed that the Association would produce a newsletter to complement the British Tinnitus Association's quarterly journal QUIET which has been distributed free to all members of the Irish Tinnitus Association. The first such newsletter appeared in December 1996 with Derek Scholefield as Editor, in which role he continued until February 2004 which was the 30th issue. From the beginning it was suggested that the success of the newsletter would depend heavily on items submitted by members themselves. Contributions might include personal experiences, helpful suggestions for easing the condition, items gained from other relevant sources and any matters which would benefit readers. Looking back over early newsletters, it is clear just how important they were in the process of keeping members informed about many aspects of tinnitus and how it was possible to take positive steps to manage the condition. Items contributed by members proved to be somewhat limited and the editor had to search through a wide variety of sources to build up editions which would be both interesting and informative – little has changed! After the 30th newsletter Derek handed over the editorial role to another member who continued with a new and refreshing approach until the present time when there is now a collective approach to finding material.

These Newsletters, Quiet Ireland, which have been

issued quarterly for the last 23 years are a history of the Association and its growth to the present day. This, April 2019 issue, no 92, will be the last publication of the Newsletter. However, we cease publication in the knowledge of all that we have achieved over the years, the knowledge that we have passed on and the 'social link up' with people as we kept in touch with members throughout the years.

The Future

Chime will continue to add regular content on its website to support and inform people with tinnitus. Visit www.chime.ie and facebook.

If you would like to continue receiving information on Tinnitus from Chime please contact your local resource Centre or email your details to info@chime.ie.



The British Tinnitus Association Magazine "Quiet"

BTA's Quiet magazine will no longer be available through the ITA in future. If you wish to acquire future copies of the BTA Quiet, please contact the BTA directly.

Overseas membership is £20 sterling per year.

email: info@tinnitus.org.uk

Tel: 00 44 114 250 9933.

Postal Address:

British Tinnitus Association,
Ground Floor, Unit 5, Acorn Business Park,
Woodseats Close,
Sheffield. S8 OTB,
UK.

Jean's Tinnitus Story

For me it all started late one night, when a lorry parked outside my house. The engine was ticking over. It was there for such a long time..... after a while I got out of bed and I looked out the window, but I couldn't see any lorry out there! Night after night the lorry returned with the engine running. I was wondering why this was happening outside my house every night (we lived in a cul de sac at the time). I eventually realised that there was no lorry outside the house and that the noises were coming from my own left ear. I was suffering from tinnitus.



I also had a hearing loss at the same time. I got a hearing aid for my hearing loss but nothing could be done for my tinnitus. The specialist said it was something I would just have to learn to live with. Over the years the noises changed, a variety of sounds some louder than others.

I have found ways of dealing with it. It is a nuisance when it comes between me and my sleep! I can fall asleep quite quickly. I read a book and I sometimes listen to classical music or a relaxation CD or surf sounds, (which is waves gently lapping on the sea shore, reminding me of my holidays) but I do wake up in the middle of the night, and can be awake for 3 or 4 hours on a bad night, then I usually get up and make a hot drink and read a book for a while and then I go back to bed and try and get to sleep then.



Tulips grown by Jean in her garden

Although I know there is no known cure for it at present, (but there is now research going on in a number of countries around the world) I have tried to help myself; I have a positive attitude; I don't hide away from it; I have accepted that I have it; I keep myself occupied; I love my garden and I do try to work in it as often as I can during the fine weather and I find that this is a very good way of taking my mind off my Tinnitus. I do talk to others about my Tinnitus.

I live with my husband, Clive, in Glenageary (near Dun Laoghaire) in Co Dublin and we have been married for just over 48 years. We have two daughters, Lynda, and Karen and two grandsons, Aaron, age 7 and Zach age 2 years

I am a member of Dun Laoghaire Methodist Church. I was appointed to our Church Council a number of years ago and am involved in various local voluntary activities connected to our Church.

In September 2015 I was very honoured and privileged to be invited to become Vice-President of the British Tinnitus Association. My term of office comes to an end in September 2019.

As I now take a 'step back' (not retiring just yet!) I look back over the years and I know that working for the Association took up a good deal of my time, I made many friends and I do feel that it has all been worthwhile. Love and support from Family and Friends was also important and I was very lucky to have both.

Jean Scott.

The Tinnitus Helpline

It was while initially working for The Tinnitus Association that I was led in the direction of offering a set time each week to have a Tinnitus help-line available whereby people could phone up and talk to me, someone like themselves who has Tinnitus. I felt I could offer some form of non-professional counselling and perhaps some advice on coping strategies.

The British Tinnitus Association were very supportive then and of course this support continues. Over the years they have organised courses for people, like myself, who were trying gain practical information on how to help others.



The Tinnitus Helpline has been called many, many times over the years, sometimes there are so many calls on a Thursday it takes more than the 2 hours to deal with them. It can be from someone who just needs reassurance that they are not abnormal and we can reassure them that many people have tinnitus. Some phone to ask about the latest developments in research and some call because they have nowhere else to turn to.

This Helpline has continued over all of the 23 years, each Thursday morning from 10am – 12noon. In 2006 Martin Carroll, who is now our secretary, joined us and he has been the main contact person in recent years. This Helpline will continue for as long as we are available to 'man' it.

The Future

The Tinnitus help-line will continue as usual on a Thursdays from 10am to 12noon on 01 8175700. Apart from illness or holidays there will usually be someone on the end of the phone to help.

CHIME now have a freephone information line which is available from Monday to Friday (9am – 5pm) on



1800 256 257 for any enquiries regarding hearing loss problems of any kind including Tinnitus and Ménière's. Tinnitus callers do not necessarily have to wait until Thursdays, they can be referred to one of the Chime tinnitus counsellors. The email address for the information line is: rejoin@chime.ie



chime

The National Charity for
Deafness and Hearing Loss

FREEPHONE Information No.

1800 256 257

**for enquiries regarding hearing
loss problems of any kind
including Tinnitus and Ménière's**

or email: rejoin@chime.ie



TINNITUS SUPPORT

DUBLIN CITY TINNITUS SUPPORT – HEAD OFFICE

Chime, 35 North Frederick Street, Dublin. D01 W592

☎ 01-8175700 **Tinnitus Help-line Thurs. 10 – 12 noon**

DUBLIN NORTH TINNITUS SUPPORT

Chime, Old Chapel Wing, Deaf Village Ireland, 7 Ratoath Road, Cabra West, Dublin 7. D07 W94H

☎ 01-8175700

DUBLIN SOUTH, KILDARE & WICKLOW TINNITUS SUPPORT

Chime, Unit G/H, Exchange Hall, Belgard Square North, Tallaght, Dublin 24. D24 YW89

☎ 01-4620377

CORK TINNITUS SUPPORT

Cork Deaf Association. 5 MacCurtin Street, Cork. T23 KD39

Tinnitus Help-line : ☎ 021-4505944.

KILLARNEY TINNITUS SUPPORT

Chime, Flemings Lane, High Street, Killarney, Co Kerry. V93 P682

☎ 064-6620052

MIDLANDS TINNITUS SUPPORT

Chime, 14 Church Street, Tullamore, Co Offaly. R35 T0C09

☎ 057-9351606

MID-WEST TINNITUS SUPPORT

LIMERICK, CLARE & NORTH TIPPERARY

Chime, Pery Street, Limerick. V94 DYP2

☎ 061-467494/5

NORTH EAST TINNITUS SUPPORT

Regional Sensory Resource Centre, 14 Jocelyn Street, Dundalk, Co Louth. A91 XNYZ

☎ 042-9332010

NORTH WEST TINNITUS SUPPORT GROUP

Chime, Spencer House, High Road, Letterkenny, Co Donegal. F92 DN0N

☎ 074-9188252

Chime, Abbeyville Centre, Abbeyville, Sligo. F91 KH5X

☎ 071- 9194975

SOUTH EAST TINNITUS SUPPORT

Chime, 2nd floor, St John's Parish Hall, Catherine Street, Waterford. X91 X827

☎ 051- 855777

WESTERN TINNITUS SUPPORT GROUP

Chime, 9a Francis Street, Galway. H91 NACO

☎ 091-564871