



Tinnitus Information Roadshow Programme

Saturday 31st May 2025

9.30	Registration, Tea/coffee
10.00	Introduction Tinnitus UK
10.15	Tinnitus – the basic facts Don McFerran - Retired ENT Consultant Surgeon East Suffolk and North Essex NHS, Colchester
10.50	Taster sessions [Mindfulness, Yoga]
11.25	The impact of tinnitus Laurence McKenna - Clinical Psychologist Royal National Throat, Nose & Ear Hospital, London
12.00	Lunch & exhibitors A chance to visit exhibitors' tables
13.00	Audiological and medical treatments for tinnitus Don McFerran - Retired ENT Consultant Surgeon East Suffolk and North Essex NHS, Colchester
13.40	Taster sessions [Mindfulness, Yoga]
14.15	Psychological approaches to managing tinnitus Laurence McKenna - Clinical Psychologist Royal National Throat, Nose & Ear Hospital, London
14.50	Q&A
15.30	Close