

Birmingham & District Tinnitus Group

This is printed as part of a series of occasional papers produced by BIRMINGHAM & DISTRICT TINNITUS GROUP presenting a variety of points to offer information and support for our members

THE DEREK HICKSON LIBRARY LISTINGS

The group is happy for members to borrow and/or trial the following items

Aroma/sound Relaxer

(also known as an aroma therapy ball) - available for collection at meetings

Sarabec Crescendo

A listening device with headphones and a microphone which can help you with hearing the television or another person.

Therapak

Home therapy unit (massage to relieve pain)

Tinnitus - Learn to Live WithOUT It!

A video by Stephen M Nagler, MD FACS. A fairly lengthy video by a doctor from the Alliance Tinnitus and Hearing Center, Atlanta, Georgia, USA.

River and Sea

a DVD with scenes of moving water

Under pillow Speakers - for personal listening at night-time

Borrow one, and if you wish to keep it we ask for a £5 donation to replace stock.

The following CDs are available

Self-Hypnotherapy by Barry Wyton

Ancients Weep by John Weider

Summer Sounds (natural sounds of music)

Listen and Do - Relaxation Training

Natural Seashore Sounds

Relax and Enjoy It

Overcome Tinnitus by Glenn Harrold (a hypnosis recording)

Additional available CDs

The British Tinnitus Association's Sound therapy/relaxation CD 'Surf on Deal Beach'

The BTA's 'Representative Tinnitus Sounds' CD

These are both offered on loan from our library and can be obtained direct from the BTA in Sheffield Freephone : 0800 018 0527

The following Tapes are available

Life Skills - Sleep Well by Dr Robert Sharpe

Life Skills - Control Your Tension by Dr Robert Sharpe

Dawn Light by Marjorie Hooper

The following books relating to tinnitus are available

Tinnitus - a Multidisciplinary Approach

Authors : Gerhard Anderson, David Baguley, Laurence McKenna & Don McFerran

Solutions for Deaf and Hard of Hearing People

Tinnitus Treatment by Richard S Tyler

Tinnitus Handbook by Richard S Tyler

Tinnitus, Learning to Live with it by Leslie Sheppard and Audrey Hawkrigde

Tinnitus, when Silence is a Stranger by Lesley Sheppard

Tinnitus 91 - Proceedings of the Fourth International Tinnitus Seminar

Tinnitus 95 - Proceedings of the Fifth International Tinnitus Seminar

Mechanisms of Tinnitus by Jack A Vernon and Aage R Moller

Members - for library loans, please contact any of our Friendly Ears & Voices:

Eileen - 01384 831032
Jennifer - 0121 355 2047
Eric - 0121 355 1496
Lorna - 0121 352 0671
Brenda - 0121 747 9369

[Information links](#)

Visit our website **support page** for the rest of our Occasional Papers

British Tinnitus Association - visit their website on : www.tinnitus.org.uk
or see their quarterly journal QUIET for a list of their information leaflets and support publications

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