PRESS RELEASE:

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NEWS FROM FORTH VALLEY SENSORY CENTRE

Sensory Loss Charity Receives Funding to Deliver Tinnitus Self-Management Support

Forth Valley Sensory Centre is one of 23 projects across Scotland awarded a share of nearly £2.2 million to help empower people to live well and take control of their health and wellbeing.

The Self Management Fund, administered by the Health and Social Care Alliance (the ALLIANCE), announced the grants today to organisations supporting people living with long term conditions, disabled people and unpaid carers.

Forth Valley Sensory Centre, based in Camelon, were successful in their application for £15,000 to deliver their *Tinnitus Tactics and Techniques* project over the next 12-months, which will support people with sensory loss who are also experiencing Tinnitus through a programme of structured 10-week courses.

These courses focus on tailored areas of self-management, such as stress management, diet & exercise, and the employment of coping strategies, including Cognitive Behavioural Therapy (CBT) and mindfulness techniques; as well as sound therapy and peer support.

Tinnitus affects 1 in 7 people and is defined as the perception of sound in the head or ears without an external source. Additionally, 40% of those diagnosed with Tinnitus experience sound sensitivity, for which there is no cure, meaning self-management is the only prescribed option. The condition can often lead to other issues, including anxiety, stress, frustration, social isolation and mental health decline.

The project will support people with sensory loss in a way that is tailored to them individually. For example, someone who has been registered blind might also be experiencing the symptoms of Tinnitus and finding it difficult to access 'mainstream' resources. This inaccessibility might be a result of information not being provided in a preferred format or a Tutor-led class by someone with no Sensory Awareness.

Tinnitus Tactics and Techniques will embrace a person's diversity, providing them with the necessary resources to self-manage their Tinnitus; using suitably trained Tutors; providing accessible information and venues for delivery; and if required, re-direction to additional appropriate organisations.

Forth Valley Sensory Centre chief executive, Jacquie Winning, said: "Securing this award from Alliance Scotland is a tremendous endorsement of our vision for Tinnitus Tactics and Techniques.

This project will give Forth Valley residents access to practical, evidence-based self-management tools, and we are thrilled to be able to expand our impact in such a significant way."

Sara Redmond, Chief Officer, at the Health and Social Care Alliance, said: "Self management plays a vital role in person centred care, an approach that treats people as partners in their own care.

"And we're proud to continue supporting third sector projects that make a difference.

"By backing work that focuses on early support, tackles health inequalities, and helps people waiting for care, we can strengthen learning about how these prevention methods are built into Scotland's health and social care services."

A total of 23 projects the length and breadth of Scotland received one-to-three-year funding to deliver their projects through the Self Management Fund. The fund supports people with long term health conditions, disabled people and unpaid carers: with this latest round focused on helping people early on; levelling up population health; and supporting people on waiting lists.

Self management is a way of living and working that means people living with long term conditions feel more in control of their own health and wellbeing. It supports people to live their lives better, on their terms.

This investment from the Self Management Fund, administered by the ALLIANCE, is made possible by the continued support and investment from the Scottish Government.

The ALLIANCE is the national third sector membership organisation for the health and social care sector, representing 3,500 members.

For more information and a full list of grantees visit the ALLIANCE website here.

For the ALLIANCE, please contact: communications@alliance-scotland.org.uk