



Singer/Songwriter's experience of tinnitus



Little Sounds of Pain is a beautiful song taken from Isobel Anderson's third album, *In My Garden*. The song is about Isobel's struggles over the last two years with tinnitus.

In My Garden tells the familiar tale of love lost and found, her experience of tinnitus and of chronic pain, and has already received high praise from BBC Radio 6's Lauren Laverne:

"When I first heard this [In My Garden], I just was struck by how beautiful it was...I highly recommend the album." Lauren Laverne -
BBC Radio 6 Music

Isobel is a singer-songwriter and sound artist from Brighton, based in Belfast, where she is studying for a PhD at the Sonic Arts Research Centre at Queen's University, Belfast. In the first year of her PhD she developed tinnitus and during the first few months of learning to manage the condition she wrote *Little Sounds of Pain*.

She explains: "The verses basically explain how the sounds I hear behave; they can be loud or quiet, they can disappear underneath noise, only to emerge again once I'm in a quiet place".

Isobel was approached by Karl James from The Dialogue Project, to join him in conversation for one of his 2+2=5 podcasts, a series of intimate conversations in which Karl talks to people about topics that are often thought of as too difficult to talk about. In the resulting podcast *Sounds of Pain* Isobel talks openly and honestly about the relationship she has with her experience of tinnitus. The podcast is available online via iTunes: http://bitly.com/little_sounds and alongside Karl's blog, *Little Sounds of Pain*: www.understandingdifference.blogspot.com.

100% of *Little Sounds of Pain* download sales, and 10% of *In My Garden's* sales, will go to the British Tinnitus Association www.tinnitus.org.uk. For all of Isobel's downloads and releases go to www.isobelanderson.bandcamp.com.

Ends

PRESS ENQUIRIES

Please contact Emily Broomhead or Nic Wray at the BTA office on 0114 250 9933
email emily@tinnitus.org.uk or nic@tinnitus.org.uk
Out of office hours call Nic Wray on 07816 827304



Editors Notes

The British Tinnitus Association (BTA) is an independent charity which supports thousands of people who experience tinnitus and advises medical professionals from across the world.

The BTA is the primary source of support and information for people with tinnitus in the UK, facilitating an improved quality of life. They aim to encourage prevention through its educational programme and to seek effective treatment for tinnitus through a medical research programme.

The support the BTA offers to 229,000 people per year who are affected by tinnitus is reliant upon the generous donations of their supporters and fundraisers. They receive no government support and need to raise half a million pounds each year to continue their UK wide support. Donations can be made via www.justgiving.com/BTA

Not an illness or disease, tinnitus is a term that describes the sensation of hearing a noise in the absence of an external sound. The noise can have virtually any quality. Ringing, whistling, and buzzing are common, but more complex sounds may also be reported. Troublesome tinnitus can be very distressing for the affected individual, and issues may arise with sleep, concentration and mood. However, in many cases, subtle changes in people's environment can address these issues, and improve quality of life.

The experienced team at the BTA understands the impact that tinnitus can have on the lives of those who experience tinnitus and those who live with them, so seeks to provide the most appropriate and expert advice and information free of charge – via a confidential freephone helpline on 0800 018 0527 and online at www.tinnitus.org.uk. The BTA can also post printed and audio information and advice. Visit the BTA's Facebook page at www.facebook.com/BritishTinnitusAssociation and follow the BTA on Twitter at www.twitter.com/BritishTinnitus.

Isobel Anderson Links:

www.isobelanderson.com

www.fb.com/isobelanderson

www.twitter.com/isobelanderson

www.isobelanderson.bandcamp.com

Karl James Links:

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Blog: www.understandingdifference.blogspot.com

Contact Emily emily@tinnitus.org.uk or Nic nic@tinnitus.org.uk at the BTA for more information.

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