

# Tinnitus Drop-In



Do you have **tinnitus** and want to know what to do? Do you need support or advice about how you can manage your tinnitus? Age UK South Lakeland can help. Come along to our drop in at our Kendal Resource Centre on the 2nd & 4th Wednesday of the month. **Starting from 12th June 2024.**

For more information, give us a call on **01539 728118** or email us at: [helpline@ageuksouthlakeland.org.uk](mailto:helpline@ageuksouthlakeland.org.uk)

**Supporting the Local Community**



**Every 2nd & 4th  
Wednesday of the  
month (from the 12th  
June 2024)  
9.30 AM - 12:00 Noon**

Resource Centre  
17 Finkle Street  
Kendal  
LA9 4AB