# 16 year old goes the extra mile to raise awareness of tinnitus

**Monday 26 October, 2020**

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A 16-year-old college student from Kent, Ella Parris, has challenged herself to walk 50 miles in a month in support of the British Tinnitus Association (BTA), a charity that has helped her manage her tinnitus, a debilitating condition that affects around 168,000 adults in Kent alone.

Ella was diagnosed with tinnitus when she was just 6-years-old. She shared: “I suffer with complex health issues and I’m determined to raise awareness. Tinnitus has run through my family, massively impacting on our lives. Some days it's difficult to sleep due to constant vibrations, buzzing, ringing, etc. It occurs when I'm really stressed, when it's too quiet, or when I'm trying to concentrate hard in exams.”

Taking to social media Ella has created an Instagram page @ella_awarenessjourney to raise awareness and share helpful information and advice about tinnitus and other conditions.

British Tinnitus Association’s Fundraising Officer Jess Pollard commented: “Experiencing tinnitus at any age can be daunting but the way Ella is dedicating time and energy to raise awareness and manage her tinnitus is inspirational.”

Ella added: “I'm really grateful for all the support I've received from the BTA. They've helped me in coping with tinnitus, and understanding it more to help family members.”

Ella has set herself a fundraising goal of £150 and would love your support in reaching it. You can donate at justgiving.com/fundraising/ella-parris, or make a donation at tinnitus.org.uk/donate and add a comment with the donation for Ella’s challenge. If you would like to take part in your own fundraising challenge, visit tinnitus.org.uk/fundraise-for-us

**- Ends -**

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**Editors Notes**

- The British Tinnitus Association (BTA) is an independent charity that supports over one million people living with tinnitus each year, and advises medical professionals around the world. It is the primary source of support and information for people with tinnitus in the UK.
- Tinnitus is the sensation of hearing noises in your ear or head when there is no external cause. The noise can have virtually any quality including ringing, buzzing, hissing and whistling.
- Around 1 in 3 people will experience tinnitus at some point in their life. Over 7.1 million adults in the UK are living with persistent tinnitus, and for 10% of them, it can severely impact their quality of life, affecting sleep, mood, concentration, employment and relationships.
- There is not currently a cure for tinnitus, however, there are several strategies that can be helpful in learning to manage the condition.
- Tinnitus costs the NHS £750 million annually, with a cost to society of £2.7 billion per year.

www.tinnitus.org.uk

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