Laura keeps on running for the British Tinnitus Association

Thursday 25 May, 2017

25 May 2015 – As if completing the recent Birmingham Great Run 10k race in aid of the British Tinnitus Association (BTA) in a personal best time wasn't enough, super speedy fundraiser Laura Lambden has a whole series of runs – both virtual and on the road – lined up for the summer!

Laura, from Birmingham, is taking on the challenge because tinnitus is a condition that not only Laura suffers from, but so do other members of her family. Laura explains: "Tinnitus is something that affected my gran from her late teens until her death at the age of 102. My mom has had it from childhood and so have I, off and on, until around a year ago when it became a permanent fixture in one ear. So far, it hasn't affected my hearing, but mom has lost some hearing in the upper range and my gran was always hard of hearing, and in the end, effectively deaf."

Laura wanted to complete "A Run A Month" to raise awareness of tinnitus and to support the BTA: "Not enough is understood about tinnitus. Funding is needed to enable research into what causes it and to try to find a cure."

Laura's enthusiasm has even spread to her mum, Marion, who completed the Birmingham Great Run 10k with her! Laura's next events will be an 10k virtual run in June, followed by the Newham Great Run 10k on 2 July and then another virtual run later that month – this time of 8 miles.

Anyone wishing to do so, can sponsor Laura via her online JustGiving page www.justgiving.com/fundraising/tinnitus or give £3 via text TINN68 £3 to 70070.

Ends

Editors Notes

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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 335,000 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.tinnitus.org.uk

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

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