Philip’s Coast to Coast challenge for tinnitus charity

Wednesday 8 June, 2022

Philip Hine, a 62-year-old retiree from Harwell, Oxfordshire, will be taking on the world famous 192-mile Coast to Coast Walk for the British Tinnitus Association (BTA). The BTA is the only national charity that solely funds tinnitus research and supports people living with tinnitus.

Tinnitus is a debilitating condition where people hear noises in the head and/or ears which have no external source. There is currently no cure. Tinnitus affects around 75,000 adults in Oxfordshire alone, and one in eight nationwide – over 7.1 million people.

Philip shared, “I have had permanent bilateral tinnitus for over 10 years now and it has had a severe effect on my life. I have learnt how to live with it now but in the early days this was a struggle. Keeping fit and healthy by walking in the glorious Oxfordshire countryside has certainly helped with my wellbeing which in turn helps with managing the tinnitus hence the decision to walk the Coast to Coast.”

Philip will start his epic 192-mile walk from St Bees Head in Cumbria on June 18 and hopes to arrive at the finish in Robin Hood’s Bay in North Yorkshire 12 days later.

The British Tinnitus Association’s vision is “A world where no one suffers from tinnitus” which Philip shares. He said: “I would like to help other people who develop tinnitus and support the British Tinnitus Association in their aims to encourage prevention through education and seek effective treatment through medical research. Would you please support me?”

The BTA’s Fundraising and Supporter Engagement Manager Sabiya Hussain commented, “We’re thrilled that Philip will be taking on this huge walk to raise funds for the BTA. We really appreciate his time, dedication and support for the tinnitus community and the work we do. We’re all wishing him the best of luck and may his feet remain blister-free!”

Please help Philip raise reach his £2000 fundraising goal by donating at https://www.justgiving.com/fundraising/philip-hine or email fundraising@tinnitus.org.uk take part in your own challenge.

- Ends –

For more information

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Editors Notes

About the British Tinnitus Association

The British Tinnitus Association is an independent charity and the primary source of information for people with tinnitus. It helps to facilitate an improved quality of life for people with tinnitus through a range of support options including support groups, a helpline and its website, while also taking steps to bring forward the day when tinnitus is cured. The charity works to inform and educate medical professionals and the community on what tinnitus is and how to manage it. The British Tinnitus Association wants “a world where no one suffers from tinnitus”. It wants to find better ways to manage tinnitus and, ultimately, to help find a cure. In 2020, the publication of its Tinnitus Manifesto led to more than 130,000 people signing a petition for more funding for tinnitus research to find cures.

Website: www.tinnitus.org.uk

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The British Tinnitus Association is a registered charity. Registered charity number 1011145.

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