Running to raise tinnitus awareness

Wednesday 5 May, 2021

43-year-old Health and Safety Adviser Ben Wigley, from Scunthorpe, has challenged himself to complete The Great Charity Run 30-mile challenge this month in support of the British Tinnitus Association (BTA), a charity that has helped him manage his tinnitus, a debilitating condition that affects around 18,500 adults in North Lincolnshire alone, and 1 in 8 people nationally.

Ben has lived with tinnitus for around eight years now. He shared: “It can be quite debilitating and damaging to mental health, and I struggled to cope with it early on resulting in me shying away from social interaction in my personal and professional lives, as I struggled to hear conversations and noisy places made it worse.”

“The information and help provided by the BTA has been invaluable in helping me cope with the condition and get access to medical help and support, which has got me into a good place with my tinnitus now and I want to give back and raise some money for this very worthy cause.”

Ben has just completed the Couch to 5K programme and is motivated to keep running in May whilst also raising awareness of tinnitus. His challenge also coincides with the Run for Heroes #5kMay challenge, which is a great opportunity for others to support causes close to their hearts by completing 5k, donating £5 and nominating 5 people to do the same.

The British Tinnitus Association’s vision is “A world where no one suffers from tinnitus” which Ben fully supports. He is hoping that his fundraising challenge will get people taking about tinnitus and raise the vital funds needed to make sure people can access the support they need now, and fund future tinnitus research, to ultimately find a cure.

The BTA’s Fundraising Officer Jess Pollard commented “Ben has overcome so much to be in the place he is today and we’re so grateful that he is able to share his experience to support others and to keep raising awareness!”

Please support Ben by donating at justgiving.com/ben-wigley1, or email fundraising@tinnitus.org.uk take part in your own challenge.

- 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.

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