

Teacher running to raise awareness of tinnitus

Thursday 24 September, 2020

24 September 2020

A secondary school Principal Teacher, James Cameron-Lyle, is taking to the picturesque grounds of The Haining, Selkirk to run the Virtual London Marathon on Sunday 4 October. The dad of three is running in support of the British Tinnitus Association (BTA), a charity that is helping his 14-year-old son come to terms with tinnitus, a debilitating condition that affects one in eight adults in the UK, and an estimated one in 30 children – the equivalent of around 12,700 adults and 460 school-age children in the Scottish Borders region.

At the start of 2020, James's eldest son Ewan sustained a concussion injury which left him with a collection of symptoms, including tinnitus. Ewan now mostly hears a sharp metallic quality sound in his ears 24/7 and experiences some hearing loss. For Ewan tinnitus is not intermittent – it is a constant feature of his day-to-day life.

James shared "As a family we have been taken aback by just how many people live with the symptoms of tinnitus, and how different it can be for everyone. With the help of the BTA's positivity, commitment and expert knowledge, alongside NHS intervention, Ewan is working hard to get to know these new and disruptive elements in his life."

On the date of the original 40th London Marathon, James will be joined on his 26.2-mile challenge by Ewan, who will be cycling stationary for as long as it takes James to complete the race. Their support team – wife/mum Beth, Gethin (age 11) and Finley (age 8) and the Trustees of The Haining, Selkirk – will be providing drinks, nutrition and encouragement the whole way around!

British Tinnitus Association's Fundraising Officer Jess Pollard commented: "Experiencing tinnitus at any age can be daunting and overwhelming, but the way that Ewan is adapting to his condition is truly inspirational. It's been a pleasure getting to know the Cameron-Lyle family, and seeing the lengths (literally miles!) that they're willing to go to raise awareness and funds so more people like Ewan know where to find help and advice. Well done Team JCL – we're rooting for you all the way!"

James and Ewan have a target of raising £1,150 and would love your support in reaching it. You can donate at justgiving.com/fundraising/teamjcl4bta, or visit tinnitus.org.uk/fundraise-for-us to take part in your own fundraising challenge.

- Ends -

Press contact

Nic Wray, Communications Manager

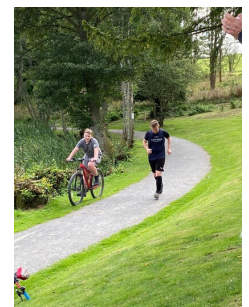
nic@tinnitus.org.uk

0114 250 9933

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.

Media:



Related Sectors:

Charities & non-profits :: Children & Teenagers :: Health ::

Related Keywords:

Tinnitus :: Running :: Children :: Selkirk :: The Haining :: Fundraising :: British Tinnitus Association :: London Marathon ::

Scan Me:



Company Contact:

—

Tinnitus UK

T. 0114 250 9933

E. nic@tinnitus.org.uk

W. <https://www.tinnitus.org.uk>

[View Online](#)

Additional Assets:

Newsroom: Visit our Newsroom for all the latest stories:

<https://www.bta.pressat.co.uk>