

Rafick's 100 mile fundraising challenge

49-year-old Rafick Ramadan from Dulwich will be taking to two wheels as he tackles the RideLondon-Essex 100 on 29 May 2022 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 34,000 adults in the London Borough of Southwark alone, and one in eight nationwide.

Rafick shared, "I have been impacted by chronic tinnitus for the last 18 months. The tinnitus can be so intrusive that it often stops me from sleeping and has severely impacted my day-to-day living".

The British Tinnitus Association's vision is "A world where no one suffers from tinnitus" which Rafick fully supports. He said: "The British Tinnitus Association was really helpful in giving me guidance and reassurance and was a real source of comfort in assisting managing my tinnitus".

The BTA's Fundraising and Supporter Engagement Manager Sabiya Hussain commented, "We're thrilled that Rafick will be taking on this gruelling 100 mile cycle ride 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 in the final few weeks of training!"

Please help Rafick reach his fundraising goal by donating at <https://ridelondon.enthuse.com/pf/rafick-ramadan-bta> 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

Twitter: [@BritishTinnitus](https://twitter.com/BritishTinnitus)

Facebook: [@BritishTinnitusAssociation](https://www.facebook.com/BritishTinnitusAssociation)

Instagram: [@BritishTinnitus](https://www.instagram.com/BritishTinnitus)

LinkedIn: [British Tinnitus Association](https://www.linkedin.com/company/BritishTinnitusAssociation)

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