Christina takes on marathon challenge for tinnitus

Tuesday 17 August, 2021

Christina Kennedy, 42 from Daventry, Northamptonshire, is set to complete her first ever marathon as she trains for the virtual Virgin Money London Marathon on 3 October. She is taking part in the marathon in support of the British Tinnitus Association (BTA), a charity that has helped her manage her tinnitus, a debilitating condition that affects around 80,000 adults in Northamptonshire alone.

Christina first got in touch with the BTA Tinnitus Support Team back in August 2019 after having an ear infection and experiencing tinnitus for the first time. She shared “I became severely distressed, anxious and constantly panicked. During what I call my crisis stage, I never thought I’d be able to live normally again. I remember my boyfriend taking me to the doctors in the car and I had a complete panic attack, we had to stop, and I called the BTA helpline, I was so desperate. That phone call was the start of my healing process.”

“With some help and a lot of determination to not let tinnitus control or define my life, I am now in a much, much better place, however it breaks my heart when I speak to people new to tinnitus who are deeply suffering and receive little or no support from their GP.”

The British Tinnitus Association’s vision is “A world where no one suffers from tinnitus” which Christina fully supports. She shared “Having tinnitus and coming out of the worse of it has really inspired me to help others and also raise awareness. I’m proud to raise awareness for such a charity close to my heart.” She is hoping that by completing the 26.2-mile challenge– even if it’s a combination of walking, jogging or crawling – she can raise vital funds to make sure people can access the support they need now, and fund future tinnitus research, to ultimately find a cure.

Please cheer Christina on by donating to her fundraising page at justgiving.com/fundraising/christina-kennedy4, or visit tinnitus.org.uk/challenge-yourself to 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 120,000 people signing a petition for more funding for tinnitus research to find cures.

Website: www.tinnitus.org.uk

Twitter: @BritishTinnitus

Facebook and Instagram: @BritishTinnitusAssociation

LinkedIn: British Tinnitus Association

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

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