Jo’s going for a personal best as she raises tinnitus awareness

Thursday 12 August, 2021

46-year-old Jo Nemits from Warrington will be completing the virtual London Marathon on 3 October 2021 for the British Tinnitus Association (BTA), a charity that is close to her heart which supports those living with tinnitus, a debilitating condition that affects almost 22,500 adults in Warrington alone, and around one in eight across the UK.

Jo has been living with tinnitus for 18 years and remembers when it first started, although she didn’t realise it had a name at that point. She shared “Most of my friends don’t know I suffer from tinnitus and some days I find it unbearable. Imagine never hearing silence. The first thing you hear when you wake is a ringing noise, the last thing you hear before you sleep is a ringing noise and the only break you get is when you sleep.”

There are a range of techniques that help people manage their tinnitus, including sound therapy, cognitive behavioural therapy and mindfulness. Jo shared “I use meditation but not as often as I should and follow a tinnitus account on Facebook that helps me a little to realise I am not the only sufferer.”

The British Tinnitus Association’s vision is “A world where no one suffers from tinnitus” which Jo fully supports. She is keen to raise awareness and vital funds for tinnitus research and support through her training and challenge event.

This will be her first marathon since 2014, when she completed the in-person London Marathon in 4 hours 24 minutes and 24 seconds. She’s hoping to beat this time and qualify for the Good for Age entry in next year’s event. She shared “I did as little training as possible [last time] and just wanted to get round without walking! I was successful! This year I am hoping to run under 4 hours; my main aim is to get Good for Age which is 3 hours 53 minutes for my age.”

The BTA’s Fundraising Officer Jess Pollard commented “We’re thrilled that Jo has joined our virtual marathon team – she understands how important our services are and is dedicated to raising crucial funds and awareness for tinnitus. Thank you, Jo!”

Please help Jo reach her £260 fundraising goal by donating at justgiving.com/fundraising/joanne-nemits1 , 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 120,000 people signing a petition for more funding for tinnitus research to find cures.

Website: www.tinnitus.org.uk

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