Karen’s power walking for tinnitus progress

Tuesday 20 July, 2021

42-year-old Karen Christian, from Chippenham, Wiltshire has started her training for the Virgin Money London Marathon on 3 October in support of the British Tinnitus Association (BTA), a charity that is close to her heart that supports those living with tinnitus. The debilitating condition affects over 54,000 adults in Wiltshire along, and 1 in 8 people nationally.

Karen shared, “I developed tinnitus in 2017 following the death of my little brother, Squirt (Iain), and an extremely stressful 2016 at work. Since then, my tinnitus has become a barometer for how stressed I'm feeling, and quite often an early warning to take some time out. I'm not quite friends with it, but we've learned to live with each other.”

“I have unilateral tinnitus - meaning it is in one ear - although that ear more than makes up for it! I was lucky enough to be referred to a hearing therapist who recommended the British Tinnitus Association as a place to find information and support. And they have been fantastic at both. In the last few years, I've downloaded information about the condition, attended online group support sessions, watched science and research webinars during Tinnitus Week, and more.”

The British Tinnitus Association’s vision is “A world where no one suffers from tinnitus” which Karen fully supports. She said, “I'm power walking the virtual London Marathon to help raise money for the British Tinnitus Association so that they can continue supporting sufferers and funding research. I also hope to raise awareness of the condition and point people in the direction of the BTA so they can learn more about the condition and receive any help they need.”

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

Please help Karen reach her £500 fundraising goal at justgiving.com/fundraising/karen-christian-tinnitus, or email fundraising@tinnitus.org.uk take part in your own challenge.

-END-

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

For more information

Nic Wray, Communications Manager

nic@tinnitus.org.uk

0114 250 9933

Media:



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Scan Me:

Jessica Pollard, Fundraising Officer

jessica@tinnitus.org.uk

0114 250 9933

British Tinnitus Association, Unit 5 Acorn Business Park, Woodseats Close, Sheffield S8 0TB

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

Company Contact:

Tinnitus UK

T. 0114 250 9933
E. nic@tinnitus.org.uk
W. https://www.tinnitus.org.uk

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