Lynette completes Three Peaks Challenge to help tinnitus charity

Friday 13 August, 2021

Despite torrential rain, 57-year-old, Lynette Lewis from Brymbo, near Wrexham, completed the Yorkshire Three Peaks Challenge on Saturday 7 August for the British Tinnitus Association (BTA), a charity that is close to her heart. The BTA helped Lynette manage living with tinnitus, a debilitating condition that affects 15,000 adults in the Wrexham area alone, and one in eight nationally.

Lynette shared “I decided to do this hike to raise funds for the British Tinnitus Association who have given me, and continue to do so, much needed support to comes to terms and help me with coping strategies for my hearing loss and awful tinnitus. Anyone who thinks it's 'just ringing in the ears' are very much wrong. It can be a monster, taking over your whole life and affecting your mental health. It turned me into a complete wreck last Christmas I don't mind admitting. I can manage the condition very well now, but I had to suffer hell in order to accept and seek help.”

Looking back on the challenge, Lynette told us: “I can honestly say that it was one of the toughest days ever. You need to be extremely fit and experienced to do the Three Peaks as it’s no walk in the park. I had practiced, hard, to do this hike but I have to give massive thanks and respect to Brendan Lawson who motivated, reassured, and supported me with every step taken on all our training hikes, and mainly on the day when the going got extremely tough at the descent of Pen Y Ghent.”

The BTA’s vision is “A world where no one suffers from tinnitus” which Lynette fully supports. “We’re so grateful for the time, dedication and effort Lynette put into this challenge. She powered through the 12 hours like a trooper, despite the horrendous weather conditions. From everyone at the BTA, a huge well done and thank you, Lynette!”

There’s still time to help Lynette raise as much as possible by donating at facebook.com/donate/140645224738134, 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

Twitter: @BritishTinnitus

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

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