Lynette’s Yorkshire Three Peaks Challenge

Thursday 5 August, 2021

57-year-old, Lynette Lewis from Brymbo, near Wrexham, will be taking on the Yorkshire Three Peaks Challenge on Saturday 7 August for the British Tinnitus Association (BTA), a charity that is close to her heart and helped her 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 have suffered from tinnitus with associated hearing loss since April 2020. This has impacted greatly on my life and caused me great distress as I was coming to terms with the condition. I now manage it well and this is down to the support I have received from the BTA. I heard about BTA through a friend who advised me to contact the association. From thereon in I have not looked back. I have received excellent support, advice, and coping strategies. I cannot thank the BTA enough for the support offered to me. This is why I feel it is important to try and raise funds for such a vital cause.”

“I am walking the Yorkshire Three Peaks on 7 August 2021, a gruelling 26 miles of mountains and countryside hike. I have chosen to raise funds for the British Tinnitus Association because they have been a tower of strength and support to me during a very difficult period in my life. Because of the BTA support, I accepted my hearing loss and tinnitus; know I will live with this condition for the rest of my life; but be able to manage it well.”

The British Tinnitus Association’s vision is “A world where no one suffers from tinnitus” which Lynette fully supports. As well as raising vital funds for tinnitus research and support, Lynette will also be completing this as a personal challenge. “I have trained very hard in preparation for my challenge. I am looking forward to achieving a personal goal and hope to complete the challenge within a 12-hour window. This year alone I gave already hiked two of the three peaks, Snowdon and Scafell Pike, to name just a few mountains. I will be going live online throughout the day with regular updates on my progress.”

The BTA’s Fundraising Officer Jess Pollard commented “We’re thrilled that Lynette has chosen to support our charity by completing this gruelling challenge and so grateful for the time, dedication and effort she has already put in with training.”

Please help Lynette reach her fundraising goal 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

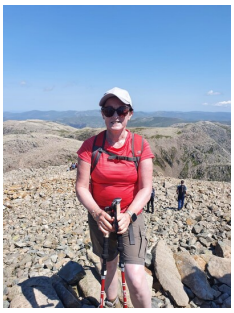
About the British Tinnitus Association

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

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

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