Richard takes on marathon challenge for tinnitus charity

Wednesday 8 September, 2021

38-year-old Richard Delaney from Banbury hopes to complete his first ever marathon as he takes on the Virgin Money Virtual London Marathon on 3 October for the British Tinnitus Association (BTA). The charity is close to his heart as they helped him manage his tinnitus, a debilitating condition that affects around 75,000 adults in Oxfordshire alone, and one in eight people across the UK.

Richard shared “For years I lived and coped with tinnitus with minimal impact on my daily life. However last year the loudness increased dramatically, combined with the addition of a new buzzing noise I was left struggling to cope and my mental health deteriorated rapidly. Desperate and in need of help the BTA was suggested to me.”

“I called the helpline and will always be grateful to the lovely lady who answered and empathised with my situation and gave great advice. Within a few days I was attending online support groups which gave and continue to give me so much hope and support. Realising I am not alone in this struggle is a huge comfort.”

The British Tinnitus Association’s vision is “A world where no one suffers from tinnitus” which Richard fully supports. He shared “I am running the marathon to raise awareness that the BTA is there to help people like myself who have this horrendous condition and to raise as much money as possible.” As well as offering support for people living with tinnitus right now via their free helpline, web chat service and online events, the BTA are also one of the largest tinnitus research funders in the UK.

The BTA’s Fundraising Officer Jess Pollard commented “We’re thrilled that Richard was able to access the support he needed to manage his tinnitus from our team, and so grateful this he is now taking on the marathon challenge to make sure we can continue to be there for people in need. Thank you, Richard!”

Please help Richard raise £1,000 by donating at justgiving.com/fundraising/r-delaney, 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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