Robbie reaches for the Skye and a personal best!

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Robbie Pancic, 48, from Galtrigill, Isle of Skye, is set to complete the Isle of Skye Half Marathon on 11 September in support of the British Tinnitus Association (BTA), a charity that has helped him manage his tinnitus, a debilitating condition that affects 26,000 adults in the Highland region alone, and one in eight nationally.

Robbie shared: “My tinnitus started around 10 years ago, related to a stressful event/time and a panic attack. I hear noise 24/7, it's there when I go to sleep, it's there whenever I wake up. My tinnitus is generally a high pitch tone (think a continuous recorder note) or combination of tones in one or both ears going up and down over a period of days and lasting several days before changing level again, but never silent.”

There are a range of techniques that help people manage their tinnitus, including sound therapy, cognitive behavioural therapy and mindfulness. Robbie explained: “What helps is keeping busy and finding things to distract yourself and removing that focus on the tinnitus. Knowing that you are not alone. There are millions of sufferers around the UK and the world, and we all hope that sometime in the future something will be discovered that really help us live ‘quieter’ lives. I am fortunate to live in such an amazing place in Skye which is also so quiet when not blowing a hoolie, but I really wish that I was able to enjoy that peace more and on the very rare occasion when my tinnitus is not as loud, I almost can.”

The British Tinnitus Association’s vision is ‘A world where no one suffers from tinnitus’ which Robbie fully supports. “I turned to BTA looking through their website, forums, and magazines as a means of helping me during the worse of the pandemic and dealing with all the fallout as best as we can.” He is keen to raise awareness and vital funds for tinnitus research and support by completing the Isle of Skye Half Marathon, whilst aiming for a personal best (PB).

He said “I have done the London Marathon in 2009 and the Skye Half Marathon in 2011 in a time of 1:41:20. I am trying to beat this time and the training has been going well. I have been training on and off for a couple of years as the Skye Half Marathon was postponed several times due to the pandemic.”

“If you donate, many many thanks, it will really help many people and help more research on what can be done about tinnitus.” Please cheer Robbie on by donating to his fundraising page at justgiving.com/fundraising/robert-pancic, or visit tinnitus.org.uk/challenge-yourself to take part in your own challenge.

- Ends -

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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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