

News



I'M VERY PROUD OF HER': Naomi and Gary at a City game and Naomi in her training gear

Alongside raising money for the Brain Tumour Charity, the 29-year-old hopes she can also show others with chronic conditions that physical goals are still achievable. "It's an umbrella of symptoms that they struggle to diagnose," says Naomi. "One of the key symptoms is

chronic pain, especially in the cold. I've been training quite a lot in the winter, my back will suffer, I'll have chronic pain, muscle fatigue, I experience pain every single day from it, but you have to just get on with it. "That's what it's like living with a chronic condition, it's just the norm

to work through the pain. It's been more difficult because I've been training more and my body's been more active. "But on the flip side, it's benefited my body, becoming more active because I'm moving more. "There's still days when I'm bed-bound and can't move and struggle to walk around. But the overall impact of me being able to get out

and do something has had a positive impact as well." As Naomi's training comes to an end, her dad will be cheering her on every step of the way. "I'm very proud of her," says Gary. "She's not a runner, she's not an athlete, she can down a bottle of wine faster than she can run a kilometre. "It's not about speed, it's about raising the profile for the Brain Tumour Charity, which we'd never heard of 18 months ago. We're now telling everyone about it because they're being so good to us, and the information they've shared with us, through leaflets and what's online is great. They're really giving us support." "If people have a brain tumour, we need to highlight there are places to go, there are people that can talk to you and help you on your journey." The Brain Tumour Charity offers free counselling, online support groups, a money clinic and many more services for those who need it. "They break down medical jargon and words that you don't understand," says Naomi. "Even if you had a brain tumour 20 years ago, and now you want to talk about it, you can do that with the charity." Gary is now calling on other men to take symptoms seriously. "I was grumpy, my personality was chang-

ing," he said. "I was fatigued and had pains in my lower limbs so I was struggling to walk up and down stairs. I was getting forgetful, I was stuttering and my body ached. "I'm a bloke and I put it down to old age, I'm 56 and blokes don't go to the doctors. But you know your own body - if you think there's something wrong, go and get it checked out. "I used to run, kayak and cycle, but my thighs were getting slower and slower. I fell in the water kayaking, which I've never done, and I was nearly falling off my bike. There was just something not right about me." The Brain Tumour Charity raises awareness of symptoms like these to help potential sufferers catch a brain tumour as soon as they can. "People need to be aware of the symptoms," says Naomi. "We would never have thought that things like losing your strength or fatigue were symptoms." Naomi will run the London Landmarks Half Marathon next Sunday. "It's not about a personal best," she said. "It's about finishing and raising as much money for charity as possible." ■ You can donate to Naomi and Gary's page by searching for "Naomi Lowe" before April 6 at the website below: justgiving.com

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