



PROUDLY SUPPORTING PEOPLE WITH  
ALL NEUROLOGICAL CONDITIONS

February 16, 2017

## Albany MSWA swim a personal cause

Charis Crane is predicting she might be feeling a little sore on Sunday March 19, one day after she's taken part in MSWA's eight hour Albany Swim, but she knows it's all for a good cause.

"I volunteered to help out at the event last year on the day and despite not being much of a swimmer I thought I'd actually have a go at it this year," said Charis.

But for Charis, the MSWA cause is a personal one. The 31-year-old was diagnosed with multiple sclerosis in August 2015. Her early symptoms included blurred vision, tingling in the left arm and not being able to walk without pain. Charis, a personal assistant at the City of Albany said the official MS diagnosis wasn't too much of a shock because she had the support of a very good GP.

"I did a lot of research to find out more about MS so that I could explain it to my family and friends in the simplest way that I knew how, with the main emphasis that everyone's MS journey is different and it wasn't always worst case scenario. While I have an aggressive form of relapsing remitting MS, my monthly medical infusion has kept it under control and I haven't had any relapses since my original diagnosis," Charis added.

Charis is captain of the City Swimmers, also in her team is her husband Sheridan and five of her work colleagues from the City of Albany.

"Our fundraising is only in the early stages. We're hoping to raise somewhere between \$500 to \$1,000, so if you'd like to donate, we'd love your support. As far as my training is going, I'm walking my dog Tara every morning and evening as well as heading to the work gym, I'm hoping that will help me on the day," said Charis.

This year marks the sixth MSWA Albany Swim which is being run with the support of the Southern Ports Authority, Port of Albany, the City of Albany and the Albany Leisure and Aquatic Centre. The event has so far raised \$112,000, with the money helping MSWA fund vital support and services for people with MS and other neurological conditions in the Great Southern region.

"The Albany Swim keeps growing in popularity with more people taking part in it every year. This year we've even got 20 kids taking part. Some of them took part in the event last year and apparently they're the most energetic kids who can just swim all day," said MSWA CEO, Marcus Stafford.

"Last year's event raised \$32,000, we're hoping to make it \$40,000 this year. The demand for our services in the Great Southern just keeps growing, we've got more staff, offering more services and with the National Disability Insurance Scheme being rolled out there will be more people coming to us."

The MSWA Albany Swim is being held at the Albany Leisure and Aquatic Centre on Saturday March 18 between 9am-5pm. Registrations close at 4pm on Thursday 16 March. To find out more, register to join a team or make a donation go to [www.mswaswim.org.au/swims](http://www.mswaswim.org.au/swims)

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