

21 May 2018

Tory ready to tackle Perth's tallest tower

For most of us, making it to the top of Central Park's 1,103 steps would be a major achievement and something we might only want to only tackle once. But Leeming mum, Tory Lloyd is ready to conquer the Shadforth Financial Group Step Up for MSWA for the second time, despite being diagnosed with multiple sclerosis (MS) early last year.

"2017 is a year that I will never forget. I was working long hours, battling huge amounts of stress and looking after two young children. My health came second to everything, but my MS diagnosis actually turned this around. I can't believe this is the second year I'm attempting Step Up for MSWA," Tory said.

Since her diagnosis, Tory says she's been very grateful to MSWA for the vital support they provide and said the speech therapy and counselling have been incredibly beneficial. They also helped her to make some better lifestyle choices for herself and her family, including quitting smoking and drinking and meditating every day.

Last year, Tory was MSWA's highest individual and team fundraiser, successfully raising more than \$17,000, a total she hopes to beat this year. Tory believes it's important to show her children that while setbacks aren't easy, you have to approach them with a positive attitude.

"My daughter Alexis just turned seven and she will be doing the Mini Climb with my dad. My son Zan, is too young to take part but my sister and partner are also doing the Step Up with us. It's a great fundraiser, helps many people in need, is lots of fun and embodies my positive and strong attitude to MS," Tory added.

"This event has become iconic and continues to grow in popularity. It doesn't matter how old or how fit you are, making it to the top of Central Park is a personal challenge for everyone who takes part. Thankfully, and speaking from experience, the views from the top are well worth the effort," said MSWA CEO, Marcus Stafford AM.

"I'd like to personally thank everyone who has or is going to tackle the challenge. The money raised allows us to build brand new facilities across Western Australia that house state of the art equipment for people living with MS and other neurological conditions. And importantly, it has let us invest \$2.6 million into research this year alone to help find the cause and cure for MS," added Mr Stafford.

MSWA Ambassador Josh Kennedy, a long supporter of Step Up, says he's always happy to see familiar faces on the day.



“There’s always plenty of great activities including kid’s activities, free massages and a TV screen on the ground floor so your supporters can watch you as you make it to the top and cheer you on,” said Josh.

This year’s Shadforth Financial Group Step Up for MSWA is on Sunday, June 17, starting at 8am. There are three climb options:

- One Up (ages 12+) - 1,103 stairs or 53 flights
- Double Up (ages 18+) - 2,206 stairs or 106 flights
- Mini Climb (ages 6+) - 435 stairs or 20 flights

Online registrations close at midnight on Wednesday, June 13 but One Up and Mini Climb participants can register on the day. If you’d like to challenge yourself to conquer Central Park or donate to someone who is, go to www.stepupforms.org.au

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