



PROUDLY SUPPORTING PEOPLE WITH  
ALL NEUROLOGICAL CONDITIONS

## **Stationary Bike Goes the Distance**

Jenny Norrish has been living with Recurring-Remitting multiple sclerosis (RRMS) since 2002, and at the time of her diagnosis she was raising a family of four children aged between 15 and 22, running a successful real estate business, and completing a Diploma of Business.

Life was busy and energetic, so it came as a shock when her vision became blurred and she started feeling fatigued. “I had heard of MS before but only from people in wheelchairs selling raffle tickets, so I was very shocked and unsure of what would happen next,” said Jenny.

Since her diagnosis life has been a rollercoaster and Jenny has made adjustments to accommodate challenges, including selling the business she was once passionate about. She said, “it hasn’t been easy, but I’ve met some amazing people along the way and I feel very grateful to have MSWA supporting me. They have provided me with services such as physiotherapy, counselling and massage – and, more recently, they have worked with me on my NDIS plan so that I can continue to access these services.”

Now 62, her current symptoms are fatigue, loss of balance and mobility, and optic neuritis. “It’s great that my NDIS plan fund those services but it’s the external support like the physiotherapy equipment I use, being able to access a state of the art facility so close to home, and the relationships I have with the staff that makes the difference to me,” she said.

“I try to keep physically active and the MSWA Ocean Ride is a challenge I can participate in, while at the same time supporting a cause that does a lot of good for people living with neurological conditions. It is fantastic that MSWA now supports people living with all neurological conditions, and the event allows riders to choose which condition they wish to support with their fundraising.”

In 2017 Jenny bought a stationary bike so she could participate in the ride from home. She challenged herself to ride the distance from Fremantle to Geraldton over eight weeks and she went on to ride over 500km’s. She was also the Members Ride highest fundraiser, raising over \$2,000!

The MSWA Ocean Ride has something for everyone, including five ride distances and a Members’ Ride to challenge MSWA Members and Clients. Jenny said, “I’m so grateful I can join in from home where I can go at my own pace and have breaks when I need. It’s important that the people who directly receive support from MSWA, can also show their appreciation through participation. I’m hoping to beat my 2017 record this November.”