



Positively Parkinson's Big Swim 2023



In July I will be undertaking two huge swimming challenges:

1. Round the Isle of Wight Relay as part of the Positively Parkinson's Team

The total distance is about 100km and we are hoping to complete this in 24 hours. Three of the team members have been diagnosed with Parkinson's.

2. The Length of Ullswater in the Lake District (solo)

The lake is 12km long and I anticipate the swim will take me approximately 4-5 hours.

I am raising funds for **Positively Parkinson's**, which aims to increase awareness of the disease and help people to live positively on their journey with it. It is a cause close to my heart as my father was diagnosed with the disease over 15 years ago. We are working closely with Cure Parkinson's, a charity whose ultimate goal is to find a cure for the disease.

Parkinson's is a progressive neurological condition which involves the loss of dopamine-producing cells in the brain which control movement and mood. It is the fastest growing neurological condition alongside Alzheimer's. Originally considered to be an older person's condition, the number of younger people affected by it is increasing.

We would be delighted for any sponsorship you are able to donate to this well-deserving cause:

<https://www.justgiving.com/fundraising/anyastarling01>

