



## Club's big boost for Parkinson's support

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Over the last month Elstow table tennis club have been raising money for the local area Parkinson's support group.

One of our members was diagnosed with Parkinson's and instead of accepting and letting the illness take over Liz May decided that fighting is the best way forward. Exercise is a key to helping slow the deterioration as well as helping with the mental toughness needed to manage the illness.

Parkinson's awareness week saw the start of fundraising within the club. Raffle prizes and monetary contributions were made along with holding an in-house over-60s competition. The competition, with 20 members taking part, was eventually won in a hard fought final by Yvonne Freer who defeated Liz May herself.

The generosity of the club has been overwhelming and with two raffles, competition, donations and a cake sale Liz has raised a massive £580 to give to the local community Parkinson's nurse. There was also a very generous donation made direct to Parkinson's UK by one member that totalled £200.

The money is going towards the purchase of metronomes that are used to help people regain some lost mobility from the illness.

Elstow TTC, in Bedfordshire, are very proud of all the members who have helped with the fundraising especially Liz May herself and Yvonne Freer for organising the raffles. We wish Liz well for the future and will continue to support the Parkinson's cause. If you want more information on Parkinson's disease, [click here](#)

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