

Relaxing outing for parents

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Walk to raise funds for children with cerebral palsy good for well-being

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AS A parent of a child with cerebral palsy, Herley Abdul Hamid knows the importance of maintaining a balance in life.

"I brought my wife and son to Walk Jog Wheel-a-thon as a way to maintain our mental well-being," said Herley, who is also the ambassador for Spastic Children's Association of Selangor and Federal Territory (SCAS&FT).

The non-governmental organisation (NGO) has been organising Walk Jog Wheel-a-thon for 28 years to raise funds for children with cerebral palsy.

This year's event at Dataran Merdeka in Kuala Lumpur saw 30 NGOs and 2,500 people taking part, including 300 with disabilities.

According to SCAS&FT, the walk raised RM350,000 with the NGOs raising RM125,000 for their operations.

SCAS&FT allocated a special area outside Bangunan Sultan Abdul Samad for children with disabilities and their parents to chat while enjoying home-cooked food.

Herley said, "This corner allows stressed parents to relax and enjoy the moment before returning to our daily chores."

There were two categories. The competitive 7km open event offered the top five runners KDK Fans Malaysia-sponsored appliances and hampers as prizes.

The 2km fun walk, meanwhile, enabled participants including people with disabilities to make new friends and enjoy some



(Top) Malaysian actress, model and businesswoman Carrie Lee with Paralympic athlete Taufiq Hidayat Nasirdin.

(Left) Participants including those with disabilities enjoying the 2km fun walk. — Photos: MUHAMAD SHAHRIL ROSLI/The Star

social time outdoors.

Organising chairman Datuk Jerry Ching said in an interview that the event aimed to raise awareness of the hardships of the disabled.

The fun walk also drew Paralympic athletes, including Firdaus Shukor who said the programme was a chance for him to make new friends.

Also at the event was Dewan Negara

Senator Isaiiah D. Jacob. In his speech, he said he would propose that the second Sunday of June be set aside annually to hold a special programme for people with disabilities throughout the country.



A 24 Festive Drum performance amping up excitement at the charity walk.



Participants at the starting line.