



SOUTH LONDON YOUNGER PARKINSON'S NETWORK

We have recently set up a WHATSAPP Members contact group useful for ad-hoc communications, news and events including our monthly Newsletter. If you would like to join this group please whatsapp your number to Sue Roberts 07771611432

APRIL NEWSLETTER – 2019

IT'S WORLD PARKINSON'S DAY ON 11TH APRIL 2019—WHAT ARE YOUR PLANS?

SLYPN are going to be sharing and posting about our own lives with PD, (please write a blog, post a video etc if you would like to get involved).. plus supporting all the other PWP's who will be doing the same. Please share, RT or LIKE as much as possible. Please help Liz Whitson spreading our news for us...thanks Liz.

Next Coffee meet: 27 April 2019
Time: 10.00am—12.00 noon
Venue: Riverside Terrace Cafe, Royal Festival Hall, South Bank,
London SE1 8XX
<https://www.southbankcentre.co.uk/visit/cafes-restaurants-bars/riverside-terrace-cafe>
Future Dates: Will take place on the last Saturday of each month in 2019
25 May, 29 June, 27 July, 28 September, 26 October

PD Warrior sessions—We need some FEEDBACK;-
Caroline Bullock may be able go do a class on Wednesday's at the YMCA in HAM. Would that suit anyone? No timings yet, but wanted to see numbers before we go any further?

BOXING FOR PARKINSON'S

JOIN US ON MONDAYS at LONDON BOXING ASSOCIATION GYM
1.30pm every Monday £5.00 per 1 hour session. Easy parking outside:

Boxing Gym, Units 3&4 Bellenden Road Business Centre, Bellenden Road, Peckham Rye, London, SE15 4RF
<http://www.londoncommunityboxing.co.uk>

POPPING FOR PARKINSON'S

(Please always check Popping for Parkinson's Facebook Page as dates change)

Popping for Parkinson's by Simone Sistarelli
Thursday at 7 pm - 8pm. FOC.
Garden Room, The Wimbledon Club. SW19 5AG.
Email Simone Sistarelli - superfunky@hotmail.it

SLYPN Website:

This has mainly been transferred to our new host now, but some blogs are missing as we are Hunting them down as we speak !! A BIG 'thank you' to Chris McNicholas for helping us as we couldn't have done this without his help!
And finally a BIG 'thank you' to Kerry too, as she is officially posting for us now.

Have a read of Brian's new blog.....<https://slypn.org.uk/brians-blog-15-march-2019-blue-skies-not-blue-screens/>