



NEWSLETTER

FEBRUARY, MARCH, APRIL 2020

SOUTH LONDON
YOUNGER
PARKINSON'S
NETWORK

There is a lot of really interesting stuff on this newsletter and things we should all get involved with

Congratulations to Simone for his TED talk this week.

https://www.facebook.com/371705019875183/posts/1033591143686564/?d=n&substory_index=0

Coffee Meets

These are very popular and are a way to come together for a coffee and chat!

It's the same venue on the last Saturday of the month! Come and join us!

Day: Saturday

Time: 10am - 12noon -

Venue: Riverside Terrace Cafe, Southbank Centre, Belvedere Rd, Lambeth, London SE1 8XX

29th February - 28th March - 25th April - 30th May - 27th June - 25th July - No meeting in August

26th September - 31st October - 28th November

BOXING FOR - Go And show Parkinson's whose boss!!

JOIN US ON MONDAYS at LONDON BOXING ASSOCIATION GYM

1.30—2.30pm every Monday £5.00 per 1 hour session.

Boxing Gym, Units 3&4 Bellenden Road Business Centre, Bellenden Road, Peckham Rye, London, SE15 4RF

Easy parking outside

<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

Dates : January 9th, 16th, 23rd 30th

February 6th, 13th 27th

March 5th, 12th, 19th 26th

April 2nd, 16th, 23rd, 30th

May 7th, 14th 18th

June 4th, 11th, 18th

New to our repertoire—Indoor Bike session

Sunday 16th is the start of the PD spin cycling class at fitness first gym 12pm start opposite the grand theatre

Clapham junction high street.

Sounds great fun!

FEBRUARY 2020—Fundraising

We are pleased to announce that we have donated another cheque for £10,000 raised from our fundraising activities to Heather Mortiboys research project.

<https://www.parkinsons.org.uk/news/new-sheffield-based-virtual-biotech-programme-aims-save-brain-cells>

If you are organising any fundraising let us know, as we have a special arrangement with PUK, where every penny raised via SLYPN goes to Research. It's well worthwhile!

All you do is join our SLYPN fundraising team on just giving and then PUK will donate every penny you raise will go towards Heather Mortiboys research project.

Heather is going to be in London on 5th March giving a talk on her Research. **(See flyer below)**

We have 3 tickets available .. email Sarah if interested in attending. It'll be on first come, first served basis.

COULD ENERGY BE THE KEY TO STOPPING PARKINSON'S?

Parkinson's UK invites you to join us for
The Florence Pite Memorial Lecture 2020

Francis Crick Institute, 1 Midland Rd, London NW1 1AT

Thursday 5 March 2020 | 6.45pm to 9pm
Doors open at 6.15pm

RSVP by Friday 7 February 2020
RSVP@parkinsons.org.uk | 020 7932 1369



PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554).
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APRIL 2020

1st - 3rd APRIL 2019

Get ready for **The INSIGHT Into PD Summit**.

We've partnered with many organisations around the globe to bring you even more coverage and insight into the condition.

- 1st - 3rd April 2020
- FREE for the 3 day live conference
- Anytime. Anywhere. Online

Together, we can work towards finding a unified cure.

Registration is open and you can sign up here: <https://bit.ly/37LFqu6>

April 11th - World Parkinson's Day 2020 - share your story and be featured on our map

1 million people in the UK are affected by Parkinson's. Either by living with the condition themselves or through a loved one, friend or colleague. That means that if you're in the UK and you know 66 people, chances are you will know someone affected by Parkinson's in some way.

This World Parkinson's Day, we're inviting the public to ask themselves if they really **know** Parkinson's. Through sharing our stories, we can show them the stark reality of Parkinson's and see how much they really know.

How can I be part of this?

We want to hear the real stories of the impact of Parkinson's on your life. To show the variety of challenges that people face. To lift the lid on preconceptions about symptoms and exactly who is affected by a Parkinson's diagnosis.

But we also want to show that you don't have to take Parkinson's lying down. Challenges can be overcome. Finding the funny in daily situations brings light relief. Ultimately, we want to inspire people and change how they think about Parkinson's, to learn more and take action.

How can I share my story?

There are two ways to be part of this:

1. Fill in this form to share your story with us before **Friday 20 March** and your story could make it onto the UK map of 66 diverse and representative stories. We'll let you know when we've received it and if you have any problems, email us at worldparkinsonsday@parkinsons.org.uk

If you give your permission, we might also tell your story through the media to drive awareness. We'll be in touch to discuss this.

If you would prefer to do a video then please see the guidance below.

2. If you're not able to share before the deadline or would prefer not to be on the map, you can still share your story on social media channels from 11 April, using the hashtag #KnowParkinsons so that people can find out more from the community.

Once we have received your story we will be in contact to get a photo or further information so please leave a contact number or email address on the form below.

To get involved

<https://www.parkinsons.org.uk/get-involved/world-parkinsons-day-2020>

Form for submitting your story

Name (or how you want it to appear on the wall)	
Email address	
Phone number	
Location (town and first part of postcode)	
Age (if you are willing to share)	
Connection to Parkinson's (please tick) <ul style="list-style-type: none">● I have Parkinson's● My husband, wife or partner has Parkinson's● My friend or family member has Parkinson's● I'm an employer or colleague of someone with Parkinson's● I'm a health or social care professional (working with people with Parkinson's)● I have another connection to Parkinson's	

Write here what you would like to share about your experience to help increase understanding of Parkinson's (50 - 250 words)

Entries may be edited for clarity or length. You will be contacted to approve any changes made before your story is uploaded.

Would you be happy to speak to a journalist (print/radio/television (circle all you are willing to appear in/on)) about your story in order to raise awareness? Y/N

- If yes, please fill in your contact details so Parkinson's UK's Media and PR Team can get in touch with you.

- Please note that if you do speak to a journalist, you will have to use your full name and be willing to have your photograph published.

I consent to you using this information as part of World Parkinson's Day (Yes/No)

At Parkinson's UK, we want to be very clear about how we use, store and protect your personal data. You can read about this at parkinsons.org.uk/privacy



Template for gathering stories.docx

I've also attached a copy of the template for gathering stories.

YOPD seminar—18 April in Leicester

<https://www.pdvision2020.com/>

This seminar is specifically focusing on people with YOPD. it's on Saturday 18th April in Leicester. There is a good line up of guest speakers and an opportunity to meet fellow YOPD's.

We wish Gary Giles and David Fewings the beat of luck as they are playing football on 19th April in Worcester for the South London 6-a-side team that are taking part in the Cure Parkinson's Cup tourney. They have to raise £1000 to enter. See fundraising page.

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=ParkysaurusFC&isTeam=true>



Click on this to join Michael J Fox Research opportunity. As we know, Parkinson's is very complex and we all need to get involved with Research - Here's your opportunity

Dear Friend,

In 2018, Eric Aquino, an emergency medical technician (EMT), was diagnosed with Parkinson's disease at age 40.

Eric is proactive about his health and while searching for resources, he discovered **Fox Insight**, an online clinical study sponsored by The Michael J. Fox Foundation.



Fox Insight gives a voice to thousands of people in the Parkinson's community by gathering information from online surveys about health and symptoms over time. This data is then de-identified and made available to qualified researchers, who are hard at work searching for the answers that can lead to new therapies.

"Our health can change in a matter of days or weeks. It's important for scientists to know how things are changing over time so they can develop better treatments," Eric says.

TAKE PART >

While Eric is an active Fox Insight participant, he also launched his own nonprofit, Gray Strong Foundation, after struggling to find local support in his community. And his weekly podcast, called Trembling EMT, reminds people with Parkinson's they aren't alone. You can join Eric and make a difference in Parkinson's research.

Fox Insight makes it easy to participate from anywhere.

Register for Fox Insight today.

**THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH**

in collaboration with  **23andMe®**





VOLUNTEER FLYER

PD Warrior is hosting an Instructor Course in February for health professionals and we are seeking volunteers to assist us for demonstration purposes.

February 8th 2020

LONDON

Therapy Outpatient Department,
1st Floor, Albany Wing,
The National Hospital for
Neurology and Neurosurgery,
Queen Square, WC1N3BG

- 1.30pm** - Assessment with your Instructor in Training
- 2.30pm** - Treatment and circuit with your Instructor in Training
- 3.30pm** - Afternoon tea and wrap up

In return for your time, we will be offering you a free assessment and treatment with a PD Warrior Instructor in training as well as The New Parkinson's Treatment book, exercise circuit and taste of PD Warrior!

If you would like to volunteer, please contact me directly on
via email at admin@pdwarrior.com

Thank you

www.pdwarrior.com