



NEWSLETTER
FEBRUARY .2021

**SOUTH LONDON
YOUNGER
PARKINSON'S
NETWORK**

SLYPN Who's Who:

<https://slypn.org.uk/contact/>

Founder of SLYPN:	Sarah Webb
New Members & Whatsapp Group:	Sue Roberts
Social Events:	Susan Venner
Popping for Parkinson's:	Simone Sistarelli
SLYPN Coffee Meets:	Brian Lowe
SLYPN Website:	Kerry Wilson & Chris McNicholas (www.slypn.org.uk)
Social Media:	Liz Whitson
Treasurer:	Angela Barton

COFFEE MEETS:

Saturday Weekly online zoom meeting between 11am-12noon. Go back to monthly in March.

LIST OF WEEKLY ACTIVITIES: Everyone is welcome to join any of these sessions:

TUESDAY:

BOXING <http://www.londoncommunityboxing.co.uk>

1.30pm – 2.30pm– **AT GYM**

£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

Email Brian Lowe for more information brianlowe77@gmail.com

SEATED POPPING FOR PARKINSON'S by Simone Sistarelli.

11am – 12noon **ONLINE SESSION VIA ZOOM.**

Classes are free of charge. To participate, register for free through the website www.poppingforparkinsons.com

WEDNESDAY :

PD WARRIOR STYLE CLASS

11.00am – 12noon **ONLINE SESSION VIA ZOOM.**

Contact: Brian Lowe for more information brianlowe77@gmail.com

SLYPN FUN QUIZ:

Wednesdays 6.45pm – 7.30pm **ONLINE SESSION VIA ZOOM.**

Zoom Meeting link posted weekly on SLYPN Whatsapp group.

THURSDAY:

POPPING FOR PARKINSON'S - by Simone Sistarelli.

5.00pm-6.00pm **ONLINE SESSION VIA ZOOM**

Classes are free of charge. To participate, register for free through the website www.poppingforparkinsons.com

FRIDAY

PD WARRIOR STYLE CLASS

10.00am – 11.00am via Zoom.

Contact: Brian Lowe for more information: brianlowe77@gmail.com

TABLE TENNIS

SLYPN is entering a team for the **Parkinson's Table Tennis World Championships**, being held in **Berlin 9-11 September 2021**. There is also going to be a **4 Nations Table Tennis Tournament in Spring 2021**. Interested in joining the team? Let us know..

Sarah.webb@icloud.com

Sports Parkinson's

The recently formed Sport Parkinson's has a load of FREE on-line classes which have started this week.

Fitism Seniors

<https://fitismseniors.co.uk/>

First month is £1 and then £10. Good selection of online classes..

Ailien Rhijnsburger (Fit & Happy Outdoors)

Runs PD-specific exercise Zoom classes on Monday & Thursday at 11.00.a.m. Cost is £90 per month - sounds expensive but for that you get that personal touch and instant feedback.

Reach your Peak.com is another PD Warrior type of on-line exercise class - cost £39 per month but this one is video rather than a Zoom class - you can try it out on their week-long "bootcamp" for £10.00 on www.reachyourpeak.com

Podcast for u to listen to about exercise..

<https://www.youngerparkinsonsalliance.org/post/podcast-episode-3-parkinson-s-and-exercise>

Medication information

Download this app if you want all the details of rugs available in the UK. Produced by BNF for the Royal Pharmaceutical of Great Britain. It is used by medical doctors.

<https://apps.apple.com/gb/app/bnf-publications/id1045514038>

Spinning classes are back up and running Mondays and Thursdays 7.30am and Tuesdays and Fridays 12.30 lunchtime. Mixed PD and non-PD. (You can use an indoor exercise bike or a normal bike with a stand for indoor training)

The teacher is **Izabela Ruprik** 07759201340