



NEWSLETTER
MARCH 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:

Weekly online zoom meetings between 11am-12noon. (until we can meet face to face - possibly April)

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

Please note that, during lockdown, the boxing gym is closed but Chris McKenzie is carrying on with zoom classes at 10.00.a.m. on Tuesdays.

Advance payment (£25) can be made by contacting Charlotte Maria at <https://pdkinetics.org.uk/>

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 update

We are talking to The Wimbledon Club and Tooting Bec Lido about arranging Table Tennis playing sessions.

Table Tennis events:

11 April- World Parkinson's Day virtual tournament

21 August- National Championship at St Neots

9-11 September- World Championship in Berlin.

Other on-line events:

Caroline Bullock PD Neurofit: Come and join in our PD Neurofit exercise group. Aimed at keeping you fit, energised and connected. The sessions are circuit based working on cardiovascular fitness; balance; co-ordination and flexibility. Tailored to the individual. 45 minutes on zoom. Caroline is a qualified physiotherapist with a keen interest in keeping people with neurological conditions healthy and active. Come and join us! Mondays 11.00am, Wednesday 10.00am and 2.00pm £5.00 per Class . 07967825699. caroline@mobileneurophysio.com

Ailien Rhijnsburger is also still doing Zoom classes on Monday and Thursday mornings @ 11.00am.

They are neuro-plasticity exercises to help repair the damaged pathways in our brains. Every session is different and Ailien takes an interest in everyone's particular weakness and provides individual feedback.

Her no. is 07807 834564 - lessons are £15.00 but it is good value for money

Indoor spin cycling still happening on Zoom Monday and Thursday 7.30am Tuesday and Friday 12.30 lunchtime.

Not only PD participants but the teacher, Izabela Ruprik, is a PD cycle teacher. £5 per session.

Her contact number is Mobile +44 7759 201340

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

Also attached is a useful document '**My PD Watcher**' created by Lee Todd - one of our members. If you would like to use the document which is a Microsoft Excel document with macros, please email Lee directly.

leetodd1970@gmail.com