



NEWSLETTER

OCTOBER/ NOVEMBER 2020

**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:

Held monthly and are taking place online via ZOOM on the last Saturday of the month.

October 31st Please note, this one is **CANCELLED** as Sarah has to go to Queens Square Neuro hospital for pre-operation assessment.

November 28th

January 30th

February 27th

March 27th

POPPING FOR PARKINSON'S:

Is on half term for sessions on **Tuesday, 27th October** and **Thursday, 29th October**.

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

MONDAY:

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

TUESDAY :

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:

Is **CANCELLED** on Wednesday, 4th November as Sarah will be in hospital for operation. Next quiz 11th November.

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