



NEWSLETTER

September 2021

SOUTH LONDON
YOUNGER
PARKINSON'S
NETWORK

SLYPN Who's Who: (<https://slypn.org.uk/contact/>)

Founder of SLYPN:	Sarah Webb
New Members, Newsletter and 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, 11th September 11-12 noon ONLINE zoom meeting number: 4010162937)
<https://us02web.zoom.us/j/4010162937>

Saturday 25th September 2021

11am-1 pm coffee meet at River Terrace Cafe, Royal Festival Hall, Southbank.

<https://www.southbankcentre.co.uk/visit/cafes-restaurants-bars/riverside-terrace-cafe>

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

As most Covid restrictions have been lifted, here are all the classes with the changes we know

MONDAY:

Neuro-Plasticity Session By Ailien Rhijnsburger- 11.00am-12noon (Online)

Exercises to help repair the damaged pathways in our brains. Every session is different and Ailien takes an interest in everyone's weakness and provides individual feedback.

Contact no: M07807 834564 - lessons are £15.00 but it is good value for money
www.fitandhappyoutdoors.com

Shibashi Tai Chi with Louise (online) 1.30pm-2.30pm

Louise runs this class and is currently training, and classes are free while she builds up her skills. This can be done seated or mostly seated.

Contact Louise: M 07415 383887. E. lab8591@gmail.com

TUESDAY:

BOXING - PECKHAM GYM <http://www.londoncommunityboxing.co.uk>

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

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

Popping Online (From Tuesday, 14 September) BY Simone Sistarelli.

Tuesdays at 5.00-6.00pm. ONLINE SESSION VIA ZOOM.

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

Table Tennis Playing Session - FOC (From, Tuesday, 14 September)

Tuesdays at 6.30pm-7.30pm. Masks on (Unless exempt).

The Wimbledon Club, Wimbledon. SW19 5AG.

WEDNESDAY:

PD POWER with Louise (online) £3.75 per class - 10.00am-11.00am

PD Power is based on PD warrior exercises and designed to help you to retain amplitude and power in your movements. Based on physio designed exercises, which are specifically chosen to mitigate common PD issues.

Contact Louise: M 07415 383887. E. lab8591@gmail.com

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:

Neuro-Plasticity Session By Ailien Rhijnsburger - 11.00am-12noon (Online)

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

www.fitandhappyoutdoors.com

POPPING FOR PARKINSON'S -by Simone Sistarelli. - 7.00pm-8.00pm **SESSION VIA ZOOM**

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

FRIDAY

PD POWER with Louise (online) £3.75 per class. - 10.00am-11.00am

PD Power is based on PD warrior exercises and designed to help you to retain amplitude and power in your movements. Based on physio designed exercises, which are specifically chosen to mitigate common PD issues.

Contact Louise: M 07415 383887. E. lab8591@gmail.com

PD WARRIOR STYLE CLASS - 10.00am – 11.00am via Zoom.

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

OTHER EVENTS

Other on-line events:

Caroline Bullock PD Neurofit: - **Mondays** 11.00am, **Wednesday** 10.00am and 2.00pm

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. £5.00 per Class . Contact: M 07967825699. caroline@mobileneurophysio.com

Sports Parkinson's

The recently formed Sport Parkinson's has a load of **FREE** on-line classes.

Fitism Seniors

<https://fitismseniors.co.uk/> - First month is £1 and then £10. Good selection of online classes..

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

Medication information

Download this app if you want all the details of drugs 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>

Par-Con 2021 (Parkinson's UK Research Conference)

Par-Con 2021 is an entirely free, online version of the Research Support Network (RSN) Conference.

Sign-up via link: <https://www.parkinsons.org.uk/research/research-events>

CPT Research Events (Cure Parkinson's Trust) Click on link below.

<https://cureparkinsons.org.uk/what-is-parkinsons/information-hub/our-research-update-meetings>

Michael J Fox Young Onset updates – Click on link:

<https://www.michaeljfox.org/news/young-onset-parkinsons-disease>

Parkinson's UK - Notice of 2021 Annual General Meeting, 10am Saturday 16 October 2021