



NEWSLETTER

April 2022

SOUTH LONDON
YOUNGER
PARKINSON'S
NETWORK

WORLD PARKINSON'S DAY – MONDAY 11 APRIL 2022

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

Founder of SLYPN:	Sarah Webb
New Members, Newsletter and Whatsapp Group:	Sue Roberts
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

WHAT'S HAPPENED

February was a busy month. Follow us on Facebook, Instagram or Twitter to keep up to date with the National Lottery advert, which will be seen by over 15 million people and is still being shown every Saturday night at 8.20pm (just before the National Lottery) until Saturday, 16 April.

Amazing!! Thanks to everyone who helped put it all together and made it happen.

<https://www.youtube.com/watch?v=NntUWanmuU0>

WHAT'S HAPPENING

FUND RAISING 2022

One of our recently joined members, Rory O'Neill has been training for Everest Base Camp Trek 2022 for PD research (Imperial Health Charity). Please see link below

<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.justgiving.com%2Ffundraising%2Frory-o-neill&data=04%7C01%7C%7C67585ea7095c434fd78008da10a3b34b%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637840592507890942%7CUnknown%7CTWFpbGZsb3d8eyJWljiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6IjEhaWwiLCJXVCi6Mn0%3D%7C3000&sdata=M7klvtXX%2BjaDyl3WWtRrMzikBSyjtG5kfWRQOzqHCpQ%3D&reserved=0>

GOOD LUCK Rory! We'll published your updates during your amazing trip.

Any other ideas? Let Sarah or Sue know.

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

FUTURE COFFEE MEETS 2022: (Face to Face)

Held on the last Saturday of each month from : 10.00am to 12noon.

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

30 April; 28 May; 25 June; 30 July; August Summer Drinks(TBC)

24 September; 29 October; 26 November: December Christmas drinks (TBC).

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

Table Tennis Playing Session - FOC

Mondays at 6.30pm-7.30pm.

The Wimbledon Club, Wimbledon. SW19 5AG

TUESDAY:

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

2.30pm– **AT GYM** £12.00 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 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

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

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. Face to Face.

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

SUNDAY:

PD spin cycling session on at 12 noon. Above Clapham junction Station. Face to Face.

See below or call the PD trained teacher Izabela Ruprik on +447759201340 for more info.

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>

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>

English National Ballet are looking for volunteers to take part in exciting dance sessions for people living with Parkinson's for a research study.

Contact Aleksandra: Aleksandra.podlowska@nhs.net or 02032997189.