



## NEWSLETTER

March 2022

SOUTH LONDON  
YOUNGER  
PARKINSON'S  
NETWORK

### WORLD PARKINSON'S DAY – 12 APRIL 2022

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

<b>Founder of SLYPN:</b>	Sarah Webb
<b>New Members, Newsletter and Whatsapp Group:</b>	Sue Roberts
<b>Popping for Parkinson's:</b>	Simone Sistarelli
<b>SLYPN Coffee Meets:</b>	Brian Lowe
<b>SLYPN Website:</b>	Kerry Wilson & Chris McNicholas ( <a href="http://www.slypn.org.uk">www.slypn.org.uk</a> )
<b>Social Media:</b>	Liz Whitson
<b>Treasurer:</b>	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.

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

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

#### WHAT'S HAPPENING

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

FUND RAISING 2022

**Any ideas? Let Sarah or Sue know.**

#### **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>

26 March; 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](http://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](mailto: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](mailto: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](http://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](mailto: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](http://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](http://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](mailto:lab8591@gmail.com)

## SUNDAY:

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

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](mailto: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](http://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](mailto:Aleksandra.podlowska@nhs.net) or 02032997189.