

**NEWSLETTER**

**May 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](http://www.slypn.org.uk))

**Social Media:** Liz Whitson

**Treasurer:** Angela Barton

Welcome to our new members!

**WHAT’S HAPPENED**

World Parkinson’s Day 2022

<https://www.parkinsons.org.uk/news/poems-world-parkinsons-day-2022>

**WHAT’S HAPPENING**

Dr Laurie Mischely’s daily choices research talk, which is **VERY** interesting. Good tips about diet.

<https://www.youtube.com/watch?v=Nz6VnJp8S_g>

It’s on their YouTube. Signup for her project [www.mvp-study.com](http://www.mvp-study.com)

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-neill3&amp;data=04%7C01%7C%7C67585ea7095c434fd78008da10a3b34b%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637840592507890942%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&amp;sdata=M7klvtXX%2BJaDyI3WWtRrMzikBSyjtg5kfWRQOzqHCpQ%3D&amp;reserved=0>

**GOOD LUCK Rory!!**



**Link to Rory’s Just Giving page**

<https://www.justgiving.com/fundraising/rory-o-neill3>

**THE MICHAEL J. FOX** **FOUNDATION**

Register today for our May 19 online event.  
THE MICHAEL J. FOX FOUNDATION | FOR PARKINSON'S RESEARCH  
What’s in Your DNA? Understanding Parkinson’s Genetics  
Thursday, 19 May - 12 to 1 p.m. ET

<https://www.michaeljfox.org/webinar/whats-your-dna-understanding-parkinsons-genetics>



**WALK FOR PARKINSON’S 2022 – choose your area (see link below)**

[**https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwiWufWV6Mz3AhWVhcgKHbttCsYYABAAGgJxdQ&ei=uBh2YvbKOPbBytMP\_IaGuA4&ohost=www.google.com&cid=CAASJORocJ\_AU3FC5V3A8XZYe4ODabPCzoIXpXwe3Y1Sfb18NvfItA&sig=AOD64\_3PLWs0JV5UnKuO4IHmlMOX9WwFKA&q&sqi=2&adurl&ved=2ahUKEwj2hu-V6Mz3AhX2oHIEHXyDAecQ0Qx6BAgCEAE**](https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwiWufWV6Mz3AhWVhcgKHbttCsYYABAAGgJxdQ&ei=uBh2YvbKOPbBytMP_IaGuA4&ohost=www.google.com&cid=CAASJORocJ_AU3FC5V3A8XZYe4ODabPCzoIXpXwe3Y1Sfb18NvfItA&sig=AOD64_3PLWs0JV5UnKuO4IHmlMOX9WwFKA&q&sqi=2&adurl&ved=2ahUKEwj2hu-V6Mz3AhX2oHIEHXyDAecQ0Qx6BAgCEAE)

**SURREY HILLS:** [**https://events.parkinsons.org.uk/event/walk-parkinsons-surrey-hills/home?\_ga=2.150102069.2003776687.1651906750-1557911785.1641758744&\_gac=1.36956948.1651906963.EAIaIQobChMIlrn1lejM9wIVlYXICh27bQrGEAAYASAAEgKsMvD\_BwE**](https://events.parkinsons.org.uk/event/walk-parkinsons-surrey-hills/home?_ga=2.150102069.2003776687.1651906750-1557911785.1641758744&_gac=1.36956948.1651906963.EAIaIQobChMIlrn1lejM9wIVlYXICh27bQrGEAAYASAAEgKsMvD_BwE)

**KENSINGTON GARDENS:** [**https://events.parkinsons.org.uk/event/walk-parkinsons-kensington-gardens/home?\_ga=2.140199984.2003776687.1651906750-1557911785.1641758744&\_gac=1.49622930.1651907017.EAIaIQobChMIlrn1lejM9wIVlYXICh27bQrGEAAYASAAEgKsMvD\_BwE**](https://events.parkinsons.org.uk/event/walk-parkinsons-kensington-gardens/home?_ga=2.140199984.2003776687.1651906750-1557911785.1641758744&_gac=1.49622930.1651907017.EAIaIQobChMIlrn1lejM9wIVlYXICh27bQrGEAAYASAAEgKsMvD_BwE)

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

**Next Coffee Meet – 25 May 2022 -** Meet the employment rep from PUK

**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>

25 June; 30 July; August Summer Drinks(TBC)

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

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

**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](mailto:lab8591@gmail.com)

**Table Tennis** **Playing Session - FOC**

Mondays at 6.30pm-7.30pm. ( NOT BANK HOLIDAYS)

The Wimbledon Club, Wimbledon. SW19 5AG

**TUESDAY:**

**BOXING - PECKHAM GYM** [http://www.londoncommunityboxing.co.uk](mailto: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)

**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

**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](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. Face to Face.

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

**Other on-line events:**

**Caroline Bullock PD Neurofit:** - Mondays 11.00am, Wednesday 11.00am

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.podlewska@nhs.net](mailto:Aleksandra.podlewska@nhs.net) or 02032997189.