

**NEWSLETTER**

**September 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

Hope you all had a good summer and enjoyed the hot weather!!

**WHAT’S HAPPENED**

Tonia’s friend Alison successfully completed the July walk for Parkinson’s a66 Mile Challenge!

[https://www.parkinsons.org.uk/research/research-events](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.parkinsons.org.uk%2Fresearch%2Fresearch-events&data=05%7C01%7C%7C27e60d4b2ff64270d80c08da488bdc43%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637902062777188416%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=oQzdfHFtwp4GOLj%2B3SnwBdXvlbXisN57I8%2FOiknWHfQ%3D&reserved=0)

FUND RAISING 2022

**London Marathon - Sunday 2 October**

John Deans is running the marathon. Who wants to support him on the day?

Let us know, as we will position ourselves around the course and the louder we are the better!

Good luck John!

Here is his fundraising page:

[https://www.justgiving.com/fundraising/John-Deans4?utm\_source=copyLink&utm\_medium=fundraising&utm\_content=John-Deans4&utm\_campaign=pfp-share&utm\_term=a11956f90139472396f4b1e752585b66](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.justgiving.com%2Ffundraising%2FJohn-Deans4%3Futm_source%3DcopyLink%26utm_medium%3Dfundraising%26utm_content%3DJohn-Deans4%26utm_campaign%3Dpfp-share%26utm_term%3Da11956f90139472396f4b1e752585b66&data=05%7C01%7C%7C6684c1fd48064c490fc908da8bf851da%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637976195888310122%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=g7uiAl5g6CNe6n8GbxV4LbgicQsQXwS%2B0AQ%2BQvEL9Zk%3D&reserved=0)

Any other fundraising taking place? Let Sarah or Sue know.

If so, make sure your fundraising goes through SLYPN as every penny raised goes towards research!  You can also choose the research project it goes towards too!

**RESEARCH**

**Parkinson’s UK**

How to get involved, sign up to their newsletter etc..

[https://www.parkinsons.org.uk/research](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.parkinsons.org.uk%2Fresearch&data=05%7C01%7C%7C6684c1fd48064c490fc908da8bf851da%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637976195888310122%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=7ADWKw2T2s0zVJY7nv%2FXVr243An7yIhZjP7lL4%2B8sMQ%3D&reserved=0)

**Cure Parkinson’s Trust**

[https://cureparkinsons.org.uk/take-part-in-research/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcureparkinsons.org.uk%2Ftake-part-in-research%2F&data=05%7C01%7C%7C6684c1fd48064c490fc908da8bf851da%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637976195888310122%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=qEf2OYfJ9%2Bn938iBxtYEoWSoRmaHgbIjU216M0H8i8E%3D&reserved=0)

**Michael J Fox Young Onset updates**

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

**Kings College Research Project**

Neil sent out this link to get involved with a research project:

<https://www.parkinsons.org.uk/research/assessing-efficacy-and-safety-oral-ucb0599-people-early-stage-parkinsons>

**English National Ballet**

Face to face sessions:

[www.ballet.org.uk/events/dance-for-parkinsons](http://www.ballet.org.uk/events/dance-for-parkinsons)

Zoom sessions:

**https://www.ballet.org.uk/event/dance-parkinsons-online-classes/**

**COFFEE MEETS’**

**Next Coffee Meeting: 24 September** - Caroline Rassell, CEO of Parkinson’s UK, is joining us.

Hope you’ll be there to have a one-on-one chat with her-this is our chance to give her feedback.

**FUTURE COFFEE MEETS 2022: (Face to Face) :**

29 October; 26 November:

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>

December will be 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

**Table Tennis** Playing Session – start Monday 5 September

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

The Wimbledon Club, Wimbledon. SW19 5AG

Ask Moji about joining TT whatsapp group.

**TUESDAY:**

Popping Online By Simone Sistarelli.

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

Classes are free of charge. Commence on 13 September. To participate, register for free through the website [www.poppingforparkinsons.com](http://www.poppingforparkinsons.com)

**WEDNESDAY:**

PD POWER UP with Louise (online) Roughly £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. Start 14 September.

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 at the Wimbledon Club

Classes are free of charge and commence from 15 September. To participate, register for free through the website [www.poppingforparkinsons.com](http://www.poppingforparkinsons.com)

**FRIDAY**

PD POWER UP with Louise (online) Roughly £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)

**Other recommended on-line events:**

NeuroHeroes

<https://www.neuroheroes.co.uk/> does a variety of classes for all abilities, including strength classes, circuit classes, and pd warrior type sessions. All on zoom.

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>