

**NEWSLETTER**

**April 2023**

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

**Upcoming Events**

**May 9th at 7.30pm. Comedy Night at Half Moon Pub, Putney.**

Join us for a fun night. He is meant to be very good. £9.00 a ticket. Let me know your confirmation number, so we can sit together.

**https://tickets.halfmoon.co.uk/events/2023-05-09-gits-and-shiggles-comedy-andy-parsons-half-moon-putney**

**WHAT’S HAPPENED RECENTLY?**

Sarah met with the Michael J Fox Foundation. Here are their webinar and flyer on DIET.

<https://www.michaeljfox.org/webinar/eating-boost-brain-health-and-ease-symptoms>

<https://www.michaeljfox.org/form/2019-diet-guide>

They will ask you to register, before you can watch it.

Parkinson’s UK have some new exercise videos out:

<https://www.youtube.com/watch?v=No2EIvShhP0&list=PL1ixQpbHed3ZS0iZKIb4RKmtM2JjMadtv&index=5>

THEY HAVE BEEN WORKING WITH REACH YOUR PEAK, NEURO HEROES AND 1FITLIFE.

LET ME KNOW WHAT YOU THINK

**WORLD PARKINSON’S DAY. Tuesday, 11 April 2023**

Look out for TV, Radio or print coverage.

**Parkinson’s UK**

**Look out for blue buildings around the country and individual poems.**

[**https://www.parkinsons.org.uk/get-involved/world-parkinsons-day**](https://www.parkinsons.org.uk/get-involved/world-parkinsons-day)

**Michael J Fox Foundation recognise Parkinson’s Awareness Day & Month**

<https://www.michaeljfox.org/news/DayofGiving2023>

**WORLD PARKINSON’S CONGRESS**,

Barcelona, 4-7 July 2023

<https://wpc2023.org/>

There is an early booking offer, but this event is not cheap. Tickets are from £400 upwards. Plus flights and accommodation, but it is a very good event. I know there are a few members going. I am just booking.

Deadlines:

Late Breaking Abstracts closes on 2 April 2023

**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" \t "_blank" \o "Protected by Outlook: https://www.parkinsons.org.uk/research. Click or tap to follow the link.)

**Cure Parkinson’s Trust**

https://cureparkinsons.org.uk/2023/03/research-update-meeting-spring-2023/Cure Parkinson’s Trust

**Michael J Fox Young Onset updates**

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

**COFFEE MEETS’**

**Next Coffee Meeting: Saturday, 29 April 2023** - 10am-12noon.

Chris Homes is joining us again, to give us an update on her young onset PD findings.

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

Saturday, 29 April, 27 May, 24 June, 29 July, 30 September, 28 October, 25 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>

**Parkinson’s UK Exercise sessions on YouTube:-** *Please try them out and give me any feedback.*

<https://www.youtube.com/watch?v=HxT0qsYnspQ&list=PL1ixQpbHed3asr5w0qe6ufxNTt1a4KpP_>

**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

**TUESDAY:**

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 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

**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 at the Wimbledon Club.

Classes are free of charge. 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

**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

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>

We have had two very interesting presentations, which are both very interesting and a must watch.

**Duncan’s PIP Talk**

<https://drive.google.com/file/d/1IGCldtKM6Tm9jcHxH0CTx2os16sfx0Jd/view?usp=sharing>

**Jodie’s Research Presentation**

Jodie gave us his own update on Parkinson’s Research.

https://youtube.com/playlist?list=PL0y\_44kQxGbi3w8eVfjtbyZ4wRmNepneY

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