

**NEWSLETTER**

**JUNE 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**

**MJFF – Talk by MD DR Rachel Dolhun.**

***ARRIVE FROM: 6.30pm***

***STARTS: 7 pm***

***Thursday, 29th June 2023***

***Dr Rachel Dolhun is joining us at Hampton Wick Royal Cricket Club, KT1 4AZ.***

***Dr Dolhun will give a RESEARCH TALK followed by Q&A.***

***Please let us know if you would like to join us ASAP, as we numbers are tight.***

**Who is Dr Rachel Dolhun?**

<https://www.michaeljfox.org/bio/rachel-dolhun-md>

And another video for you to watch - six practical tips to follow, after your diagnosis:

https://play.vidyard.com/9HjkK2f7KgFj5DVUHpjUJd.jpg

Parkinson’s UK exercise videos:

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

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

**WORLD PARKINSON’S CONGRESS,**

Barcelona, 4-7 July 2023

<https://wpc2023.org/>

Here is the daily schedule:

https://wpc2023.org/page/ProgramGlance

**No Silver Bullets Talks** on YouTube by Mark and Michel.

Professor Bas Bloem – What type of exercise is best for people with Parkinson’s.

<https://www.youtube.com/watch?v=Q6d0J81VomY>

**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/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, 24 June 2023 from 10-12noon.**

**FUTURE COFFEE MEETS 2023: (Face to Face) :**

Saturday, 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>

**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](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.

Please note, we’ll have a summer break after the quiz on Wednesday, 21 June 2023 – Wednesday, 6 September 2023.

**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

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**POPPING FOR PARKINSON'S** -by Simone Sistarelli. - 7.00pm-8.00pm.

Face to Face at the Wimbledon Club.

Last class on Thursday, 22 June 2023 before Summer break.

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](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>

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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