

**NEWSLETTER**

**DECEMBER 2023**

**HAPPY CHRISTMAS!!**

**A cartoon of a santa claus

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SLYPN Management: (<https://slypn.org.uk/contact/>)

**Founder of SLYPN:** Sarah Webb

**New Members & Whatsapp Group:** Sue Roberts

**Popping for Parkinson’s:** Simone Sistarelli

**SLYPN Website:** Kerry Wilson & Chris McNicholas ([www.slypn.org.uk](http://www.slypn.org.uk))

**Social Media:** Liz Whitson

**Treasurer:** Angela Barton

**SLYPN EVENTS:**

**SLYPN Christmas Drinks**

**Thursday, 14 December at 8pm (Doors open at 7pm)**

**This event is now SOLD OUT.**

**WE NEED TO KNOW NUMBERS OF MEMBERS ATTENDING, so we can all sit together. Will ask over the WhatsApp group in the next week or so. See you then!!**

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**BUY YOUR STANDARD TICKET HERE:**

[**https://london.thecomedystore.co.uk/whats-on/#calendar**](https://london.thecomedystore.co.uk/whats-on/#calendar)

**JANUARY 2024**

**SLYPN Motivational Boost Session with Neuro Heroes Online via Zoom.**

**Tuesday, 16 January 2024 at 7pm**

**Link to join this meeting will be on January newsletter.**

**SLYPN MONTHLY COFFEE MEETS’**

**There is NO coffee meet in December.**

**Next Coffee Meeting: Saturday, 27 January from 10-12noon.**

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>

**FUTURE COFFEE MEETS 2024: (Face to Face) :**

Dates for 2024: Saturday, 24 February, 30 March, 27 April, 25 May , 29 June, 27 July.

**Upcoming Events from the UK charities & MJF Foundation*.***

**Parkinson’s UK**

I think we all know how important it is for us all to be involved with Research. Here is Parkinson’s UK’s page on their website:

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

**Cure Parkinson’s Trust**

Here is Cure Parkinson’s Trust Research page:

[**https://cureparkinsons.org.uk/take-part-in-research/**](https://cureparkinsons.org.uk/take-part-in-research/)

**Michel J Fox Foundation**

And, here is MJ Fox Foundation Research Initiatives:

[**https://www.michaeljfox.org/key-research-initiatives**](https://www.michaeljfox.org/key-research-initiatives)

**And look into these areas too:**

**Fox In** **sight:** Join the 5,000+ individuals who are participating in this online clinical study as we work to understand the lived experience of Parkinson’s patients and speed PD research forward.

[**Fox Trial Finder:**](https://www.michaeljfox.org/trial-finder) MJFF’s online clinical study matching tool to assist PD patients in finding clinical trials they may be eligible for.We call it the match.com of clinical trials! Just within 100 miles/160km of Poulsbo there are 21 trials actively recruiting at 23 locations. You can contact study coordinators through Fox Trial Finder and they’ll follow up with you.

[**Parkinson’s Progression Markers Initiative:**](https://www.michaeljfox.org/ppmi-clinical-study) MJFF’s landmark study has built the most robust data and biospecimen library in Parkinson’s history. PPMI data has been downloaded more than 14.5 million times, and the study has received more than 200 biospecimen requests. There are several trial sites in the UK! You can take [**this short survey**](https://www.michaeljfox.org/ppmi)  to see if you qualify to join the study.

**Ask the MD – ONE TO WATCH**

**Rachel Dolhun, MD, DipABLM asks in this video:**

**What are the options with Parkinson’s medication, side effects and more.**

[**https://www.michaeljfox.org/news/whats-your-parkinsons-medicine-cabinet-ask-md-video**](https://www.michaeljfox.org/news/whats-your-parkinsons-medicine-cabinet-ask-md-video)

**Michael J Fox Young Onset updates**

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

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

**Prof Oliver Bandmann: UDCA phase 2 trial update**

**https://www.youtube.com/watch?v=S6XYPhzvD\_I**

**LivedHealth Parkinson’s on YouTube by Jodie Forbes**

**WATCH OUT- new video is coming out later this week!**

**SLYPN MEMBERS CHOSEN ONLINE ACTIVITIES**

**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. Last session before Christmas on 5 December 2023.

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.

We will carry on as long as possible, as we approach Christmas – keep an eye on WhatsApp.

**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. - 6.00pm-7.00pm. PLEASE NOTE NEW TIME

Face to Face at the Wimbledon Club. Last session before Christmas on 7 December.

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:**

**Walking Football**

Find a club near you..

https://thewfa.co.uk/club-directory/

**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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