

**NEWSLETTER**

**APRIL 2024**

 **Happy EASTER!**

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 APRIL EVENTS:**

**Thursday, 11 April 2024 -World Parkinson’s Day**

**Sign the Parkinson’s Charter**

<https://campaign.parkinsons.org.uk/page/145665/petition/1?ea_tracking_id=Website>

**Sunday, 21 April 2024 - Walk at Battersea Park.**

Meet at Bandstand at 11am.

Bring your dog, family and/or friends.

**Monday, 29 April 2024 – 7.00pm -** Neuro Heroes High Intensity online session. Zoom link to be sent out closer to date.

**Thursday 23 May - Need a team of 8 for a Charity Quiz at Wimbledon Football Club. £10 Entry fee. Quiz master is Shawn Wallace from The Chase.**

**19-24 September 2024 - SLYPN** Retreat to David Ferri’s beautiful place in Italy, which is in the Umbria Hills, on the border of Tuscany.

Fly on 19 September with Ryanair to Perugia.

**Retreat from 20-23 September.**

**Return flights on 24 September.**

**There are 10-14 spaces available for this trip and we will send out the website link when it is ready.**

**Monday, 30 September 2024 -** Neuro Heroes 2nd online session.

**SLYPN MONTHLY COFFEE MEETS**

**Next Coffee Meeting: Saturday, 27 April 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: 27 April, 25 May , 29 June, 27 July, 31 August.

**Vitamin’s Survey**

Lee is in the process of putting this together for us now….watch out for it!

**UK charities & MJF Foundation*/Youtube Interviews/Podcasts.***

**World Parkinson’s Day on 11 April 2024**

**Parkinson’s UK**

WPD 2024 – more information:

<https://www.parkinsons.org.uk/get-involved/world-parkinsons-day>

Shining a light on all the different faces of Parkinson’s:

<https://www.moversandshakerspodcast.com/post/world-parkinson-s-day-2024>

**Cure Parkinson’s Trust**

**Raising awareness of Parkinson’s through their April Dog Walking Challenge:**

**Can you walk a 100 k in April?:**

[**https://cureparkinsons.org.uk/events/april-dog-walking-challenge/**](https://cureparkinsons.org.uk/events/april-dog-walking-challenge/)

**Michel J Fox Foundation**

Make a donation for World Parkinson’s Day:

<https://www.michaeljfox.org/news/DayofGiving2024>

**ASK THE MD**

**Good night, starts with a Good Day: Getting your Best Sleep with Parkinson’s**

[**https://www.michaeljfox.org/news/good-night-starts-good-day-getting-your-best-sleep-parkinsons-ask-md-video**](https://www.michaeljfox.org/news/good-night-starts-good-day-getting-your-best-sleep-parkinsons-ask-md-video)

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

**“The importance of genetics in finding a cure for Parkinson’s” by Prof Christine Klein.**

[**https://www.youtube.com/watch?v=KU7EgQweCtk**](https://www.youtube.com/watch?v=KU7EgQweCtk)

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

**Genectics of Parkinson’s Part 1 with Professor Huw Morris**

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

**Movers and Shakers: a podcast about life with Parkinson's:**

Support the Parkinson’s Charter:

<https://campaign.parkinsons.org.uk/page/145665/petition/1?ea_tracking_id=Website>

Medicine in Hospital

<https://www.moversandshakerspodcast.com/podcast/episode/4b8bbb7d/medicine-in-hospital>

**2 Parkies in a Pod: a Parkinson’s podcast with Dave Clark & Kuhan.**

**They made songs from our tremors:**

[**https://www.2parkiesinapod.com/podcast/episode/21b313af/they-made-songs-from-our-tremors**](https://www.2parkiesinapod.com/podcast/episode/21b313af/they-made-songs-from-our-tremors)

**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.

Tuesdays at 5.00-6.00pm. ONLINE SESSION VIA ZOOM. On EASTER BREAK until 23 April.

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

Wimbledon Community Choir (Jonathan Edwards is the contact)

Tuesday’s at 19.45-21.30 at St Mary’s RC Primary School. SW19 1QL

<https://www.wimbledoncommunitychorus.org.uk/>

**:**

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.

T**HURSDAY:**

**Neuro-Plasticity Session by Ailien Rhijnsburger -** 11.00am-12noon (Online)

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**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

**Sports Parkinson’s**

The recently formed Sport Parkinson’s has a load of FREE on-line 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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FREE Gym Memberships:

Click on links for more information:

Everyone Active: <https://www.everyoneactive.com/join-membership/>

Pure Gym: <https://www.puregym.com/membership-options/>