

**NEWSLETTER**

 **JUNE 2024**

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 MAY EVENTS:**

**Friday, 31 May 2024**

**Neil Benson performing at the Brighton Festival at The Walrus Pub at 18.45.**

**Lady Chatterley’s Liver**

[**https://www.brightonfringe.org/events/lady-chatterleys-liver/**](https://www.brightonfringe.org/events/lady-chatterleys-liver/)

**All the best Neil – we’ll see you there tonight!**

**Sunday, 21 July 2024**

**Summer Walk**

**Family/Friends and/or Dogs welcome to join.**

**Meet at 11am at the Band Stand in Battersea Park.**

**19-24 September 2024 (Retreat from 20-23 September).**

**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 or BA to Perugia. Return flights on 24 September.**

**There are 10-14 spaces available for this trip.**

[**www.parkinsonsretreats.org**](http://www.parkinsonsretreats.org)

**Monday, 30 September 2024**

**Neuro Heroes 2nd online session at 7pm.**

**SLYPN MONTHLY COFFEE MEETS’**

**Next Coffee Meeting: Saturday, 29 June from 10-12noon.**

Held on the **last Saturday** of each month from : 10.00am to 12noon.

Please note venue name change:

**Festival Bar & Kitchen, Royal Festival Hall, Level 2.**

<https://www.southbankcentre.co.uk/visit/cafes-restaurants-bars/festival-bar-kitchen>

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

Dates for 2024: 27 July, 31 August, 28 September, 26 October, 30 November.

**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.***

**Parkinson’s UK**

**Have you signed up to PD Frontline? More information below, but it identifies genes in your Parkinson’s.**

[**https://www.parkinsons.org.uk/research/pd-frontline-identifying-genes-people-parkinsons**](https://www.parkinsons.org.uk/research/pd-frontline-identifying-genes-people-parkinsons)

**Cure Parkinson’s Trust**

**Webinar: Inflammation and Parkinson’s**

[**https://cureparkinsons.org.uk/2024/05/webinar-inflammation-and-parkinsons/**](https://cureparkinsons.org.uk/2024/05/webinar-inflammation-and-parkinsons/)

**Michel J Fox Foundation**

**ASK THE MD**

**Top Questions on Exercise and Parkinson’s Answered:**

[**https://www.michaeljfox.org/news/your-top-questions-exercise-and-parkinsons-answered-ask-md-video**](https://www.michaeljfox.org/news/your-top-questions-exercise-and-parkinsons-answered-ask-md-video)

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

# ‘Practical strategies for a happier life with Parkinson’s’ an interview with Dr Michael Okun.

# <https://www.youtube.com/watch?v=cdXPIU7KoO4>

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

**Stand up comedy with Parkinson’s with Phil Jerky.**

[**https://www.youtube.com/watch?v=gEO6WlvcLv4**](https://www.youtube.com/watch?v=gEO6WlvcLv4)

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

**Season finale, where they answer questions:**

[**https://www.moversandshakerspodcast.com/podcast/episode/4a6b3b92/mailbag-3**](https://www.moversandshakerspodcast.com/podcast/episode/4a6b3b92/mailbag-3)

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

**Finding my voice:**

[**https://www.2parkiesinapod.com/podcast/episode/2142a988/finding-my-voice**](https://www.2parkiesinapod.com/podcast/episode/2142a988/finding-my-voice)

**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.

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/>

**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)

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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. **SLYPN Members special offer – 10% off. Look on website for EXERCISE FUND. Email** **Anna@neuroheroes.co.uk****.**

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.reachyourpeakonline.com](http://www.reachyourpeakonline.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/>